



SPRING & SUMMER CAMPS
(pages 25-28)

AQUATICS
(pages 29-35)

RENTAL FACILITIES
(pages 37-38)

**Playbook
Activity Guide
Spring/Summer 2009**



**GRAPEVINE
PARKS & RECREATION**

www.gvpard.com



City Council

Mayor William D. Tate
Mayor Pro Tem C. Shane Wilbanks
Sharron Spencer
Darlene Freed
Roy Stewart
Mike Lease
Chris Coy

City Staff

Bruno Rumbelow – City Manager
Jennifer Hibbs – Assistant City Manager
Tommy Hardy – Assistant City Manager

Parks & Recreation Advisory Board

Roy Robertson
John Dalri
Ray Harris, Chair
Lawrence Baker
David Buhr
Larry Francis
Elizabeth Kaufman
Bob Tipton
C. Shane Wilbanks, Council Liaison

Parks & Recreation Phone Numbers

P.O. Box 95104 Grapevine, Texas 76099

www.gvpard.com

Community Activities Center (CAC)

1175 Municipal Way
Trent Kelley, CAC Supervisor
Cameron Powell, Recreation Coordinator
David Mote, Recreation Coordinator
Jeff Smith, Fitness Coordinator
Michelle Caro, Event Coordinator
Phone.....817.410.3450
Fax.....817.410.3498

Parks & Recreation Administration

200 S. Main St.
Doug Evans, Director
Joe Moore, Assistant Director
Mona Pimentel, Marketing Manager
Dianna Stanford, Adm. Coordinator
Mary Jo Tellin, Comm. Resource Coordinator
Phone.....817.410.3122
Fax.....817.410.3005

Park Services

501 Shadybrook Dr.
Kevin Mitchell, Parks Superintendent
Chris Green, Contract Coordinator
Rusty Walker, Foreman-Athletics & Horticulture
Timothy Hamilton, Foreman-Park Maintenance
Tony Steele, Foreman-Irrigation
Lisa Adams-Grove-Horticulturist
Mike Hooker, Lake Parks
Phone.....817.410.3347
Fax.....817.410.3051

Recreation Services

1175 Municipal Way
Chris Smith, Recreation Superintendent
Geri Foster, Secretary
Randy Sell, Recreation/Aquatics Supervisor
Jennifer Fry, Recreation Coordinator
Scott Hardeman, Athletic Supervisor
Jaycob Kirkpatrick, Athletic Coordinator
Phone.....817.410.3470
Fax.....817.410.3095

Senior Activities Center (SAC)

421 Church St.
Kaye Grayson, SAC Director
Eileen Hinson, Assistant SAC Director
Phone.....817.410.8130
Fax.....817.410.8147
Senior Movers.....817.421.5433

The Vineyards Campground & Cabins on Lake Grapevine

Phone817.329.8993
www.vineyardscampground.com

Holiday Closings (City Offices)

Memorial Day (Mon.)May 25
Independence Day (Sat.)Jul. 4

CAC Closings

Easter Sunday, Apr. 12Closed
Independence Day, (Sat.) Jul. 4.....Closed

CAC Altered Hours

Memorial Day,
(Mon.) May 25.....9 AM-7 PM

Helpful Numbers

Army Corps of Engineers.....817.865.2600
Chamber of Commerce.....817.481.1522
Convention Center.....817.410.3459
Convention &
Visitors Bureau.....817.410.3185
GCISD Administration.....817.488.9588
GCISD Swim Center.....817.251.5353
Grapevine Vintage Railroad.....817.625.7245
Household Hazardous Waste.....817.410.3363
Library.....817.410.3400
Municipal Golf Course.....817.410.3377
Utilities.....817.410.3172
Visitor Information Center....817.410.8136
Water/Sewer (after 5 PM)....817.410.8127

Equal Opportunity & Access

The Parks & Recreation Department welcomes the community to participate in and enjoy programs and facilities regardless of race, color, religion, sex, national origin or disability.

On the Cover: Child participating in a learn to swim class at Dove Pool-Grapevine.

Grapevine Parks & Recreation

2009 Membership Appreciation Day!

We've got spirit, yes we do! We've got spirit, how about you?

Join us on April 20th, at the CAC wearing your favorite team gear as we celebrate our members.

COME CELEBRATE WITH US!

Allow the CAC to host your child's next Birthday party! Parties include cake, beverages, party hosts, party room for two (2) hours, one (1) hour gym or one (1) hour gameroom rental, decorations and party favors. **Party reservations must be made 14 days in advance.** All other food items must be provided by parents and approved by the assigned party coordinator.

Room Rental (\$100)

Two (2) hour room rental
Set-up/Take down

Gym Rental (\$100)

One (1) hour gym rental

Non-Themed Package (\$200)

Two (2) hour room rental
One (1) hour gym rental
Set-up/Take down
Cake/Punch
Decorations/Party favors
Activities run by party hosts
10 participants max/\$5 each additional child

Themed Package (\$250)

Two (2) hour room rental
One (1) hour gym rental
Set-up/Take down
Cake/Punch
Themed Decorations/Party favors
Activities run by party hosts
10 participants max/\$5 each additional child



Party days: Fri., Sat. and Sun. Additional days and times available upon request.

Party themes: Sports, Luau, Super heroes, Safari, Mardi Gras, Princess, Karaoke and Sweet 16.

For additional information, please contact Michelle Caro at mcaro@grapevinetexas.gov or 817.410.3455.

Mission Statement

To enhance the quality of life of the citizens of Grapevine, through the stewardship of our natural resources and the responsive provision of quality leisure opportunities.

Play Often Play
Grapevine

Table of Contents

Feb. 2009–Aug. 2009

Classes	4-41
Pre-School (6 yrs. and under)	4-7
Kids Activities-Off the Couch	8
Health and Fitness (6 yrs. and above)	9-13
Fine Arts (All ages)	14
Special Interest (6 yrs. and above)	15-18
Recreation (All ages)	19-20
Youth Sports (4 yrs. and above)	21-22
Adult Sports (16 yrs and above)	23-24
Spring & Summer Camps (All ages)	25-28
Aquatics (All ages)	29-35
Botanical Gardens (All ages)	36
Rental Facilities	37-38
Senior Adults (55 yrs. and above)	39-41
Special Events	42-45
Community Activities Center	46
Policies	47
Class Registration Form	48
E-Z Registration Form	48
Registration Information	49
Parks/Addresses	49
Index	50
Trails Map	51

PreSch



Pre-School Wonders of Science Summer Camp I

This hands-on camp encourages children to learn about science through exploration, discovery, experimentation and creativity. This camp builds upon a child's natural curiosity while combining art and music and the fascination of science.

Ages: 3-5 yrs.

Day/Time: Mon.-Fri., 9 AM-11 AM

Class Code: Jun. 15-19 703920-05

Jul. 6-10 703919-05

Fee: \$85

Instructors: Janet Seibert and Donna Oas

Pre-School Wonders of Science "All About Mammals" Summer Camp II-NEW

What do cats, elephants and dolphins have in common? They are all mammals. Mammals live on land, at sea, in the air and under the ground. We will explore all kinds of mammals in this camp and share many important traits that make them different from each other. Come ready to learn about all of our amazing mammals in our world.

Ages: 3-5 yrs.

Day/Time: Mon.-Fri., 9-11 AM

Class Code: Jun. 22-26 (703928-05)

Jul. 13-17 (703929-05)

Fee: \$85

Instructor: Janet Seibert and Donna Oas

Pre-K Summer Camp

This camp is designed to teach pre math and pre reading skills through art and movement. This camp is a great review for those children entering kindergarten this fall. Come and join us for an exciting week!

Ages: 4-6 yrs.

Day/Time: Mon.-Fri., 9 AM-11 AM

Date/Class Code:

Aug. 10-14 703938-05

Fee: \$85

Instructors: Janet Seibert and Donna Oas

Kreative Kids

Imagine the fun your artist will have creating Mother's and Father's Day gifts, patriotic bracelets, footprint butterflies, flower candy pots, ice cream cone magnets, and much more!

Ages: 3-8 yrs.

Day/Time/Session: Wed., 2:15-3:15 PM

Fee: \$75

Class Code: 708409-05

Instructor: Ms. DeLaine

Spanish Language with Mommy or Daddy! 1,2,3 in Español!

This class uses a child's innate curiosity to develop listening skills and establish a strong foundation for language skills now and in the future. The class will teach a variety of fun playing exercises, songs, games and conversational skills. Astounding results occur in this natural environment.

Ages: 3-5 yrs.

Day/Time/Session:

Mon., 10-10:45 AM 03, 04 (5 wks.)

Wed., 2-2:45 PM 05, 06 (5 wks.)

Fee: \$47

Class Code: 708208

Instructor: Gloria Novak

Little MusicmakerR

High energy, hands-on class designed to introduce children 18 months to 4 years old to the excitement of music making. Every class is filled with movement, playing instruments, singing, music theory and music from around the world! Come let your child find their rhythm in this class.

Ages: Newborn-4 years

Session/Day/Time:

03, 04, 05, 06-Mon., 9:15-9:45 AM

03 & 04-Wed., 9:15-9:45 AM

05 & 06-Wed., 4-4:30 PM

Fee: \$55

Class Code: 708230-Mon.

708520-Wed.

Instructor: Jeannea Potter

Lil' Chefs

The "little chef" in your family will get to mix up some creativity and imagination to make snacks and holiday treats! Kids will whip up edible spiders, ghosts in the garden, turkey cookies, Santa cupcakes, hot apple planets, snowman soup, "Pizzazz" and many more messy masterpieces.

Ages: 3-8 yrs.

Day/Time: Wed., 1-2 PM

Session/Fee: 05, \$75

Class Code: 708406

Instructor: Ms. DeLaine

Community Activities Center's Play Time!

Looking for a place for your next playdate? Every Thursday morning the Community Activities Center gym will be opened for parents and their preschool children. The gym will be filled with all kinds of things to keep kids busy while having fun: bounce house, parachute, balls, toys, mats and more! The perfect spot for the next rainy day or your next playgroup!

Fee: \$1/child (parents are free)

Day/Date: Thursdays

Time: 9:30 AM-12 PM





KinderMusik Preschool Camps

Session: Five 45 minute sessions

Fee: \$65 tuition (paid upon registration at the CAC)

\$30 material fee (non-refundable) paid to instructor at first class.

Location: 1st Methodist of Grapevine, 422 Church St., Room 2001, Grapevine, TX 76051
(1 block West of Main St.)

Instructor: Mary Diane Morley

Additional Info.: For additional information, call 817.481.4513 ext. 200 or visit
www.kindermusikofgrapevine.com

Creatures in the Ocean

This camp introduces parent and child to many waterfront friends including the seagull, crab, dolphin, octopus and whale. Beach fun is the focus with beach ball play, sand play and sheet-simulated waves!

Ages: 18 months-3 years with parent/caregiver

Dates/Code: Session 1: Wed., Jun. 10, 17; Jul. 1, 8, 15 10:45-11:30 AM 703926-05

Session 2: Thur., Jun. 11, 18; Jul. 2, 9, 16 9:30-10:15 AM 703927-05

Session 3: Tue./Thur. Jul. 28, 30; Aug. 4, 6, 11 9:30-10:15 AM 703928-06

Home Materials: Home CD, 5 picture folders, 10 story cards and an instrument.

Busy Days!

Set your baby's day to classical music with a little more Tchaikovsky in your "Twinkle, Twinkle" repertoire and you'll discover new ways your baby benefits from the classics. Each lesson features new activities and songs you can sing for all the places you go together-the store, the playground, the doctor and more! American Sign Language included.

Ages: Newborn-18 months with parent/caregiver

Dates/Code: Session 1: Wed., Jun. 10, 17, Jul. 1, 8, 15 11:45 AM-12:30 PM 703921-05

Session 2: Thur., Jun. 11, 18; Jul. 2, 9, 16 10:30-11:15 AM 703936-05

Home Materials: Home CD, board book, parent poster, and instrument.

On The Road

Re-live your childhood with your child. Every song is likely to revive a memory from your summer's past. Play "eye spy" and find shapes in the clouds to pass the time. Take imaginary trips in a bus named "Van Go" to fun-filled vacation destinations such as the carnival, a summer cottage, and the beach.

Ages: 3 & 4 years old (parent/caregiver & siblings join last 10 minutes)

Dates/Code: Session 1: Wed., Jun. 10, 17, Jul. 1, 8, 15 9:30-10:30 PM 702939-05

Session 2: Tues/Thur., Jul. 28, 30; Aug. 4, 6, 11 11:30 AM-12:30 PM 703940-06

Home Materials: "On The Road" book, Home CD, frog instrument & poster.

Session: Five one hour sessions

Fee: \$85 tuition (paid upon registration at CAC), \$30 material fee paid to instructor on the first day of class

"Once Upon a Dance" Camp-NEW

Classic stories told through dance, art and theater.

The children will explore a new story every day.

We will learn about: The Nutcracker, Swan Lake, Coppelia, and a western story called "Rodeo."

Your child will use their imagination and have a creative and fun adventure in this camp. A craft will be made after each story.

Date: Mon.-Fri., Aug. 3-7

Ages/Time: 4-5 yrs., 9-11 AM (703930-06)
6-8 yrs., 1-3 PM (703931-06)

Fee: \$85

Instructor: Janet Seibert and Donna Oas

Tiger Tots-NEW

The Tiger Tots program is Tae Kwon Do specifically developed for preschool age children. This program offers children a strong foundation in essential character qualities such as courtesy, respect and discipline. Tiger Tots is designed to improve children's motor skills and enhance their ability to pay attention and follow directions. All classes are taught using the most safe, fun and exciting instruction methods available. For more information call 817.285.7300 or www.midcitiesblackbelt.com.

Ages: 3-6 yrs.

Day/Time: Tue. & Thur. 1-1:30 PM

Session/Fee: \$30/month

Class Code: 706309

Instructor: Jason May (National Instructor Training & Certification)



PreSch



RARE Learning Inc. Early Learners' Day Out Academic Pre-School Program

RARE Learning offers an academic Pre-K program for 3-5 year olds that utilizes an innovative curriculum in reading, math and science to engage and enrich young minds and get them well-prepared for kindergarten. The classes combine one-on-one instruction with computers, multimedia and educational games, to help young children build a foundation that will last throughout their academic career.

Classes will cover phonics, reading, spelling, writing, counting, early arithmetic, basic science concepts, and group activities to develop fine motor skills. By maintaining a favorable instructor to child ratio of 1:6, the program ensures nurturing of a child's academic confidence at an early age.

\$5 supply fee per month payable to the instructor, due first day of each session.
For more information, please call 972.567.1771.

Class 1-Mon./Wed. Preschool

Mon./Wed.	9 AM-12 PM	\$185 per month (708211)
Mon./Wed.	9-11AM or 10 AM-12 PM	\$139 per month (708219)
Session:		
Mar. (03)	Mar. 9-Apr. 8 (Mar. 16-20 Spring Break)	
Apr. (04)	Apr. 13-May 6	
May (05)	May 11-Jun. 3	
Jun. (06)	Jun. 8-Jul. 1	
Jul. (07)	Jul. 6-Jul. 29	
Aug. (08)	Aug. 3-Aug. 19 (3 week session \$139, for kids starting school)	
Aug. (08)	Aug. 3-Aug. 26 (4 week session \$185)	

Class 2-Tue./Thur. Preschool

Tue./Thur.	9 AM-12 PM	\$185 per month (708316)
Tue./Thur.	9-11 AM or 10 AM-12 PM	\$139 per month (708311)
Session:		
Mar. (03)	Mar. 10-Apr. 9 (Mar. 16-20 Spring Break)	
Apr. (04)	Apr. 14-May 7	
May (05)	May 12-Jun. 4	
Jun. (06)	Jun. 9-Jul. 2	
Jul. (07)	Jul. 7-Jul. 30	
Aug. (08)	Aug. 4-Aug. 20 (3 week session \$139, for kids starting school)	
Aug. (08)	Aug. 4-Aug. 27 (4 week session \$185)	

Pre-School Gymnastics

This class is designed to promote physical activity and motor skill development. Basic gymnastics skills such as rolls, bridges, handstands and cartwheels will be introduced. Students will also be exposed to other gymnastic equipment as the balance beam and rings.

Ages: 3-5 yrs.

Day/Time: Tue., 4:30-5:10 PM

Session/Fee: 03, 04, 05, 06 (\$45) 6 wks

Class Code: 708205

Instructor: Gypsy Mishoe

Pee Wee Basketball

A fun, introductory program into the wonderful sport of basketball for ages 4-6. Participants will learn fundamental basketball skills such as shooting, passing and dribbling, as well as teamwork. Classes will lead up to an awards ceremony on the last day.

Ages: 4-6 yrs.

Day/Time: Mon., 4-4:45 PM

Session/Fee: (03) \$40

Class Code: 708218

Instructor: Cameron Powell





TITLE	AGE	DAYS/TIMES	INSTRUCTOR	FEE		CODE
				03, 05 (6 wks.)	04, 06 (4 wks.)	
Ballet/Tap for Pre-School	3-5 yrs.	Mon., 10-10:40 AM	Jo-Ann Ingram	\$52	\$35	708201
Ballet/Tap for Pre-School	3-5 yrs.	Mon., 10:45-11:25 AM	Jo-Ann Ingram	\$52	\$35	708202
Ballet/Tap for Pre-School	3-5 yrs.	<u>Mon., 11:30 AM-12:10 PM</u>	Jo-Ann Ingram	\$52	\$35	708203
Ballet/Tap for Pre-School	3-5 yrs.	Tue., 10-10:40 AM	Jo-Ann Ingram	\$52	\$35	708301
Ballet/Tap for Pre-School	3-5 yrs.	<u>Tue., 10:45-11:25 AM</u>	Jo-Ann Ingram	\$52	\$35	708302
Ballet/Tap for Pre-School	3-5 yrs.	Tue., 4:45-5:25 PM	Laura Lavender	\$52	\$35	708300
Ballet/Tap	6-12 yrs.	Tue., 5:30-6:10 PM	Laura Lavender	\$52	\$35	708304
Ballet/Tap for Pre-School	3-5 yrs.	<u>Tue., 6:15-6:55 PM</u>	Laura Lavender	\$52	\$35	708314
Ballet/Tap for Pre-School	3-5 yrs.	<u>Wed., 9:45-10:25 AM</u>	Jo-Ann Ingram	\$52	\$35	708402
Ballet/Tap for Pre-School	3-5 yrs.	Wed., 11:15 AM-12 PM	Jo-Ann Ingram	\$52	\$35	708410
Ballet/Tap	6-12 yrs.	Thur., 4:45 PM-5:25 PM	Jo-Ann Ingram	\$52	\$35	708511
Ballet/Tap for Pre-School	3-5 yrs.	Thur., 5:30-6:10 PM	Jo-Ann Ingram	\$52	\$35	708503
Ballet/Tap for Pre-School	3-5 yrs.	Thur., 6:15-6:55 PM	Jo-Ann Ingram	\$52	\$35	708504
Ballet/Tap	6-12 yrs.	Thur., 7-7:40 PM	Jo-Ann Ingram	\$52	\$35	705500
Ballet/Tap for Pre-School	3-5 yrs.	<u>Sat., 10-10:40 AM</u>	Laura Lavender	\$52	\$35	708701
Ballet/Tap	6-12 yrs.	<u>Sat., 10:45-11:25 AM</u>	Laura Lavender	\$52	\$35	705700

Ms. Jo-Ann's classes are progressive, with a formal spring recital at the conclusion of Session 04. Additional fees for costumes may apply. Of the above classes any underlined class is offered in sessions 03-06 and all non-underlined classes are only offered in sessions 03 and 04.

Ballet shoes, leotards and tights required for all dance classes. Tap shoes required for tap classes.

Sporties for Shorties

Designed for children to develop the basic motor skills needed for youth sports programs. The skills learned are throwing, catching, kicking and batting. It is a positive learning environment where children actively participate with much success. The equipment used is soft, colorful, and age appropriate "Koosh" products. Your children will love learning in this class.

Ages: Boys/Girls 3-5 yrs.

Day/Time: Tue., 11:30 AM-12:10 PM

Session/Fee: 03, 05 (6 weeks) \$52

04, 06 (4 weeks) \$35

Class Code: 708401

Instructor: JoAnn Ingram

Tumbling for Tots

This class will teach the fundamentals of gymnastics on a floor mat while developing flexibility and strength. Children will also learn coordination skills on a balance beam and parachute exercises. Classes will build self-confidence, and use group interaction skills while supporting your child's self-esteem and positive image.

Ages: 3-6 yrs.

Day/Time: Wed., 9-9:40 AM (708415) or Wed., 10:30-11:10 AM (708403)

Session/Fee: 03, 05 (6 wks.) \$52; 04, 06 (4 wks.) \$35

Additional Info: Wear comfortable play clothes; girls may wear dance attire.

Instructor: Jo-Ann Ingram

OFF THE COUCH

adventures for older kids



Drill Team-NEW

This is a 45 minute class that will teach proper head pops, highkicks, splits, bridges, cartwheels, roundoffs, and proper arm motions. The class will learn a highkick/pom routine and perform it for our "Show Off" day.

Ages: 7-13 yrs.

Day/Time: Sat. 1-1:45 PM

Class Code/Fees:

709144 / \$55 (6 wks.)

Sessions: 03, 04, 05, 06

Instructor: Tiffany Wood

Beginning Cheer-NEW

This class is designed to teach basic arm motions, cheers/chants, basic stunting, basic tumbling, voice control, basic jumps, short dance, and learning about football and they will also have a "Show Off" day!

Ages: 5-7 yrs.

Day/Time: Sat. 2-2:30 PM

Class Code/Fees:

709441/\$55 (6 wks.)

Sessions: 03, 04, 05, 06

Instructor: Tiffany Wood

Drill Team & All Cheering Classes

All students will participate in our community events such as toy/food drives, performing at area nursing homes, parades, etc.

Second Annual Mom-N-Me Tea Sugar and Spice

Our annual Mother's (or aunts/grandmothers) Day tea will be a special time for you and your daughter. Dress up for a whimsical time of sipping tea and nibbling on finger sandwiches and pastries. Spend quality time together creating crafts and being "girly". A great way to celebrate Mother's Day. Pictures available for a small fee.

Day/Time: Sat, May 9

Sessions: 9:30-11 AM (10)

1-2:30 PM (11)

Fee: \$10 per person

Site: Botanical Gardens

Code: 709754

Registration Deadline: May 6

Intermediate Cheer-NEW

This class is designed to teach arm motions, cheers/chants, limited stunting, limited tumbling, voice, jumps and reviewing about football and a "Show Off" day!

Ages: 7-10 yrs.

Day/Time: Fri. 6:30-7 PM

Class Code/Fees:

709142 / \$55 (6 wks.)

Sessions: 03, 04, 05, 06

Instructor: Tiffany Wood

Advanced Cheer-NEW

This class is designed to teach arm motions, cheers/chants, stunt jumps, tumbling, football terms and how to perform competitively and they will also have a "Show Off" day!

Ages: Any age can move up to this class based on abilities.

Day/Time: Fri. 5:30-6:30 PM

Class Code/Fees:

709143 / \$55 (6 wks.)

Sessions: 03, 04, 05, 06

Instructor: Tiffany Wood

Beginning Gymnastics 1

This class is designed as an introduction to gymnastics. Students will learn floor skills such as rolls, cartwheels, handstands and backbends. Students will also be introduced to the balance beam, rings and vault.

Ages: Kindergarten-7 yrs.

Day/Time/Code:

Tue., 5:15-5:55 PM 709327

Session/Fee: 03, 04, 05, 06 \$48

Instructor: Gypsy Mishoe

Beginning Gymnastics 2

This class is designed for older children who have little experience with gymnastics. Students will learn floor skills such as rolls, cartwheels, handstands and backbends. Students will also be introduced to the balance beam, rings and vault.

Ages: 8-12 yrs.

Day/Time/Code:

Tue., 6-6:45 PM 709202

Session/Fee: 03, 04, 05, 06 \$48

Instructor: Gypsy Mishoe

Advanced Intermediate Gymnastics

This class is designed for the young gymnast who has already mastered the basic skills of the sport. Students entering this class should be able to do a cartwheel, a handstand and a backbend with little or no assistance. We will be working on more advanced skills such as front and back walk-overs and handsprings. Students will spend a portion of each class developing flexibility and strength.

Ages: 7-14 yrs.

Day/Time: Tue., 6-6:45 PM

Session/Fee: 03, 04, 05, 06 (6 wks.) \$48

Class Code: 709328

Instructor: Gypsy Mishoe

HEALTH AND FITNESS

Personal Training

Experience a new exercise program that will take your fitness to the next level! Contact the Grapevine Community Activities Center Staff of certified professional personal trainers! Select a personal training package and save!

1/2 Hour Sessions \$35

1/2 Hour Semi-Private Sessions \$50 (price based on 2 people)

Personal Training Packages

Five 30-minute sessions for \$170 (save \$5)

Ten 30-minute sessions for \$330 (save \$20)

Fifteen 30-minute sessions for \$465 (save \$60)

Twenty 30-minute sessions for \$600 (save \$100)

Five semi-private sessions for \$245 (save \$5)

Ten semi-private sessions for \$480 (save \$20)

Fifteen semi-private sessions for \$675 (save \$75)

Twenty semi-private sessions for \$860 (\$140)

To schedule your appointment with a personal trainer, please contact Fitness Coordinator, Jeff Smith jdsmith@grapevinetexas.gov • 817.410.3456



Larry Coleman, CPT



Melissa Smith, BS, ACE



Billy Bourne, CPT, AFAA



Carlyle Bourland, CPT
(Specializing in sports,
rehab and nutrition)

HEALTH & FITNESS

jazzercise®

"Serving Grapevine for 28 Years!"

No contracts • Join anytime • Classes offered year round
Offering 12 classes per week and Personal Training!
Each 60-minute class includes: Warm-up, 30-minute aerobic workout,
muscle toning and strengthening using weights and full body stretch.

FEE: \$39 per month with our Easy Fitness Ticket!
(Unlimited access to all classes)



jazzercise®

\$25 Gift

Mention this Ad and Receive \$25 Off

Valid for Jazzercise classes at participation locations only. Valid for new customers or those who have not attended Jazzercise for 3 months or longer. Not valid with any other offer. No refunds or cash value. Limit one per customer.

jazzercise.com • 800.FIT.IS.IT

Class Schedule

MON

*9:15 AM: Jazzercise
6 PM: Jazzercise

TUES

*9:15 AM: Jazzercise
5:45 PM: Jazzercise
6:50 PM: Jazzercise

WED

*9:15 AM: Jazzercise
6 PM: Jazzercise

THUR

*9:15 AM: Jazzercise
5:45 PM: Jazzercise
6:50 PM: Jazzercise

FRI

*9:15 AM: Jazzercise

SAT

9:15 AM: Jazzercise

* Free Child Care Available

Jazzercise

The original dance exercise phenomenon! Jazzercise blends aerobics, yoga, Pilates, and kickboxing movements into fun dance routines set to fresh, new music. Instructors make the routines fun and easy to follow.

Circuit Training Jazzercise

A proven combination of aerobic exercise intermingled with strength training routines using weights, resistance tubes and Resist-a-Balls. This Jazzercise workout covers all the fitness bases as you cross-train your way to a fit and fabulous look.

Personal Training "In A Class Setting"

Personal Touch is a program designed by Jazzercise to carry your fitness needs one step farther. Personal Touch is an extended program to build muscle tone, strong bones and healthier eating habits. Each class concentrates on muscle building, nutrition and proper strength training techniques to help you lose inches and pounds. No aerobics involved. Six-week sessions offered. For program dates and times, please call Missy at 817.269.6477.

Junior Jazzercise-NEW

Junior Jazzercise is a perfect program to get kids active and learn the importance of exercise and health. The program combines fun, easy-to-follow dance moves to popular music, fitness games, and light strength training. The non-competitive atmosphere is the perfect setting to introduce your child to fitness. Children are not required to have any dance experience. Classes are available for children ages 8-11 yrs. Each class consists of an aerobics segment, a game segment focusing on exercise and nutrition, and a dance segment to basic choreography.

Ages: 8-11 yrs.

Day/Time: Wed. 5-5:45 PM

Session/Fee: 03, 04 \$39

Class Code: 706417

For more information, please call Missy at 817.269.6477 or at grapevinejazz@tx.rr.com.

Tae Kwon Do/Hapkido

Tae Kwon Do: Tae Kwon Do, a Korean martial art, is for all ages and is fun for the entire family. Develop flexibility, concentration, general conditioning, hand/eye coordination, balance, self-discipline, and physical/mental well-being. Students in the beginning class will learn the basic forms, basic techniques, and controlled sparring applications. This class offers a 20-minute warm-up that is followed by the basic technique/controlled sparring practice (ends 8 PM). Advanced skills (intermediate-advanced ranks) are practiced from 8-8:45 PM

Hapkido: Hapkido, a Korean martial art, adds grappling techniques (escapes from holds, wrist locks, throws, and weapon practice) to Tae Kwon Do skills. Beginning skills are practiced from 7-8 PM and advanced from 8-8:45 PM.

Ages: 6 yrs. & up

Sessions/Fee: \$50/month (Ind.)
\$140/month (Fam.)

Instructor: Kim Davis,
5th Degree Black Belt (Tae Kwon Do/Hapkido)

***Note:** Belt test and optional uniform is available from instructor on first day of class.

***Note:** Family of 3 or more.

***Note:** Family discount is not available through web registration.

Beginning Tae Kwon Do

Days & Time: Mon. & Thur. 7-8 PM
Code: 706800 (Ind.)/706802 (Fam.)

Advanced Tae Kwon Do/Hapkido

Days & Time: Mon. & Thur. 7-8:45 PM
Code: 706801 (Ind.)/706803 (Fam.)

Forms & Sparring Seminars

Days & Time: TBD
Ages: 6 yrs. & up
Fee: \$5 each
Code: 706001

Self-Defense Seminars

Days & Time: TBD
Ages: 13 yrs. & up
Fee: \$10/2 hours; \$20/4 hours
Code: 706000

T'ai Chi

Learn the basics of Traditional Yang style T'ai Chi Chuan from a direct student of internationally-acclaimed Master Yang Zhen-duo of China. Develop calmness of mind, balance of body/mind/spirit, coordination, strength, and physical skill. T'ai Chi is "no-impact," weight-bearing, and suitable for most fitness levels. Wear loose, comfortable clothing. Prepare to stand the entire class.

Introduction to T'ai Chi

Ages: 17 yrs. & up

Days & Time: Wed. 7:30-8:25 PM

Session/Fee: 03, 04, 05, 06 \$45

Code: 706403

Instructor: David Roark

Fencing

Achieve exercise, discipline, agility and grace. Learn the rules and strategy of foil fencing including footwork, defense, and attack. The instructor will provide the uniform and equipment. Moms, Dads, siblings are welcome to join the fun.

Ages: 8 yrs. & up

Days/Time: Mon., 7-8 PM

Session/Fee: 03, 04, 05, 06 \$40

Code: 706200

Instructor: Mark Ertel

Kendo & Iaido

(Japanese Sword Fighting)

Japanese fencing and sword martial art. Beginning to advance instruction in Kendo (Japanese fencing requiring the use of a bamboo shinai and body armor) and Iaido (the art of drawing, cutting, and resheathing the Japanese sword; katana). Please wear loose pants & t-shirt or Karate Gi. Shinai & Bokken required. Available from instructor.

Ages: 12 yrs. & up

Session/Fee: 03, 04, 05, 06 \$20

Day/Time: Wed. 7:30-9:30 PM

Class Code: 706404

Instructor: Charles Riddle

Karate

Karate teaches discipline, respect for self, others, and confidence.

Fees: \$45/month (\$5 discount for each additional family member)

White Belt

Days/Time: Tue. 5-5:30 PM

Ages: 6 yrs. & up

Class Code: 706701

Kids Class (Yellow-Black Belts)

Days/Time: Tue. 5:30-7 PM

Ages: 6-11 yrs.

Class Code: 706702

Teenagers & Adults (All Belt Levels)

Days/Time: Tue. 7-9 PM

Ages: 12 yrs. & up

Class Code: 706703

Instructor: Team Legend Martial Arts

For more info: 817.448.9596 or
www.legendmartialarts.com

Weight Training for Youth

Finally a weight training class dedicated specifically to you! Learn proper lifting technique and get in shape with this fun new class built just for you.

Ages: 12-16 yrs.

Days & Time: Thur. 4:30-5:30 PM

Session/Fee: May-Aug. \$60/month

Code: 706511

Instructor: Larry Coleman, CPT

HEALTH AND FITNESS

THE FIT CARLYLE EXPERIENCE

Summer Time Boot Camp-NEW

Get in shape now! It's time to get motivated to lose those unwanted pounds. See the difference you can make in one week. Easy to follow food menus, tips and meals each day. Motivation and a workout that will take you past your everyday exercise. It's all about You! Get a total body changing workout and achieve mental and physical benefits that you have not been able to do in the past.

Ages: 12 yrs. & up

Days/Time: Mon.-Fri., 5:30-6:30 AM (706209)
9-10 AM (706216)

Session: Jun. 1-5, Sept. 7-11

Fee: \$45/week or \$10/day

Total Body Muscle Mix

This workout is proven to burn more calories in a short time than a regular workout. Stretch and flex, improve cardiovascular fitness, increase bone density and create muscle tone and strength. Fun for beginners to advanced. Personal attention is given to everyone. No steps to learn.

Ages: 13 yrs. & up

Days/Time: Wed., 9-9:45 AM

Session/Fee: 03, 04, 05, 06 \$30

Class Code: 706420

Boot Camp Jump Start-NEW

This class is based on a popular boot camp format that will push and motivate you through a 45-minute jam packed workout. You will feel and see the difference in the first class! If you're feeling tired, lack of energy, motivation, bored with your workouts and not seeing that real change in your body you want, then this is the class for you! Regardless of your age or fitness level. Nutritional guidance provided. Bring ankle weights and water.

Ages: 13 yrs. & up

Days/Time: Thur. 9-9:45 AM

Session/Fee: 03, 04, 05, 06 \$45

Class Code: 706503

Spring Jump Start Boot Camp

Get a jump start on those unwanted pounds you gained during the holidays. Carlyle will motivate you and guide you into the next level of fitness.

Receive easy to follow nutritional meals, menus and tips to give you proven results along with a total body workout. It's all about you!

Ages: 12 yrs. & up

Days/Time: Mon.-Fri., 5:30-6:30 AM (706208)
9-10 AM (706215)

Dates: Feb. 16-20, Apr. 13-17

Fee: \$45/week or \$10/day

Team Carlyle Cross Training Plus

This class is challenging for both the beginner and advanced participant. Combines cardio, strength training, and advanced core abdominal exercises to change your body. Get ready to feel the burn and push your fitness to the next level with personal attention as needed. All new rebound cardio will be combined in this class. Bring ankle weights and water bottle to class.

Ages: 12 yrs. & up

Days/Time: Thur., 6-6:45 PM

Session/Fee: 03, 04, 05, 06 \$30

Class Code: 706504

Strength Stretch & Powerblast Plus

Total body strength training, light multi-level cardio and extensive abdominal, lower body and back exercises. Burn calories, tone, strengthen and sculpt your way to a healthy body.

Ages: 13 yrs. & up

Days/Time: Mon., 6-6:45 PM

Session/Fee: 03, 04, 05, 06 \$30

Class Code: 706406

Strength, Stretch & Flex

This class combines various strength training exercises using free weights, ankle weights, and weight bars for a core strengthening total body workout. Strengthen and stretch your whole body to relieve stress, increase bone density and burn calories in a beginner friendly to advanced class. All ages welcome and personal attention given to all students. Bring free weights, ankle weights, water.

Ages: 12 yrs. & up

Days/Time: Tue., 9-9:45 AM
Sat., 9:05-9:50 AM

Session/Fee: 03, 04, 05, 06 \$30

Class Code: 706300, 706700

Indoor Cycling

If you are looking for low-impact cardio workout, which burns a lot of calories, helps you get lean, improves your cardiovascular endurance, with music that makes you want to pedal, this class is for you.

Ages: 16 yrs. & up

Day/Time: Wed. 5:30-6:15 PM

Fee: \$30/month

Class Code: 706308

Instructor: Wendy Dolan

Men's Pickup Basketball

Stop in and play! Games played every Thursday from 6-7:30 AM, or play Monday-Friday from 11:30 AM-1 PM. Basketball is great exercise before work and during lunch. Come out and join us in a game.

Ages: 18 yrs. & up

Session/Fee: \$10, Thur. 6-7:30 AM

\$20 Mon.-Fri. 11:30 AM-1 PM

Class Code: 706508 (Morning), 709902 (Lunch)

Starts on the 1st of every month.

Pilates-NEW

A refreshing mind-body workout that will build core strength and transform the way your body looks, feels and performs. Mat exercises are designed to flatten abs, firm the body, develop good posture and improve flexibility. Modifications for beginning through advanced students.

Ages: 13 yrs. & up

Days/Time: Mon. or Thur. 5:45-6:45 PM

Session/Fee: \$30/month, \$70/month unlimited

Code: 706602

Instructor: Wendy Dolan





Racquetball

Youth/Adult group racquetball lessons for beginning, intermediate and advanced players. Learn the rules of racquetball, the fundamentals, advanced strategies, and/or just polish your skills.

Instructor: Cheryl Bird

Beginner Youth Lessons

Ages: 6-16 yrs.

Days & Time: Wed. 6:30-7:25 PM

Session/Fee: 03, 05 \$40

Class Code: 706410

Beginner Adult Lessons

Ages: 17 yrs. & up

Days & Time: Wed. 7:30-8:25 PM

Session/Fee: 03, 05 \$40

Class Code: 706412

Intermediate Racquetball Youth/Adult

Designed for the intermediate and advanced racquetball player. Learn advanced court strategies as well as improve your swing.

Ages: Youth 6-16 yrs./Adult 17 yrs. & up

Days & Time: Wed. 6:30-7:25 PM (Youth)

Wed. 7:30-8:25 PM (Adult)

Session/Fee: 04, 06 \$40

Class Code: 706413 (Youth)/706414 (Adult)

Zumba-NEW

Combines fitness and motivating music with combinations of world dance creating a dynamic and exciting effective fitness system. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principals of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning.

Ages: 14 yrs. & up

Days & Time: Wed. 6-7 PM

Session/Fee: \$30/month

Class Code: 706606

Instructor: Dara Toney

Hatha Yoga

Holistic exercise that involves the body, mind and breath. Benefits are increased strength, balance and grace. Thursday's classes are held at the Grapevine Senior Center.

Ages: 16 yrs. & up

Session/Fee: \$30/4 weeks

\$45/4 weeks (unlimited) 706603

Instructor: Susan Rainey

Beginner

Tue. 6-7:15 PM

706303

Tue. 7:20-8:35 PM

706304

Wed. 7:20-8:35 PM

706402

Thur. 7:20-8:35 PM

706502

Fri. 10-11:15 AM

706507

Intermediate

Mon. 6-7:15 PM

706202

Wed. 6-7:15 PM

706401

Thur. 6-7:15 PM

706501

Advanced

Fri. 11:20 AM-12:35 PM

706600

Massage Therapy

Chair massage and full body therapeutic body massage are now offered at the Grapevine Community Activities Center. Countless studies have demonstrated the impressive benefit of massage (relieves stress, tired, aching muscles, and improves circulation). Appointments must be made 24 hours prior.

Site: Grapevine Community Activities Center

Fees/Hours: Chair Massage

(\$1 per minute/15 minute minimum)

Fees/Hours: Full Body Massage

(\$55 per hour) by appointment

For more information or to schedule an appointment, please call 214.585.9385 or email dmote@grapevinetexas.gov.

Practitioner: Marie Genet,

Licensed Therapist #40793

ALLSTAR Fit for Life-NEW

We help you learn about effective ways to be fit through strength training, resistance training, intervals, and circuits and a variety of other fitness systems we follow. ALLSTAR fit for life full body workout is a slower progression of training with a low impact format for those who have no previous experience of being active, may have injuries or require low impact activities. Dr. Aaron Gumm will be supervising the class with nutritional counseling and weekly health tips.

Ages: 55 yrs. & up

Days & Time: Mon., Wed., and Fri. 6-7 AM

Session/Fee: \$100/month

Class Code: 706218

Instructor: Team ALLSTAR

ALLSTAR Kids-NEW

Your kid is an ALLSTAR at ALLSTAR Kids Programs! The ALLSTAR program is a safe and effective program for all kids. The program is supervised by Dr. Aaron Gumm and is focused on the overall development of today's youth. ALLSTAR kids helps develop balance, coordination, core stability, weight loss, as well as building confidence and team skills. Every ALLSTAR receives nutritional counseling and progress reports from Dr. Aaron Gumm.

Ages: 7 yrs. & 16 yrs.

Days & Time: Mon., Wed., and Fri. 4:45-5:45 PM

Session/Fee: \$100/month

Class Code: 706217

Instructor: Team ALLSTAR



Fine Arts

Drawing and Pastels

Drawing from basic shapes, landscapes, perspective, still life and animals. Drawings will be finished in pencil or pastels.

Ages: 6-12 yrs.

Day/Time: Tue., 4:30-5:45 PM

Class Code: 705202

Session/Fee: 03, 04, 05, 06 \$60

Supplies: Bring 11" x 14" drawing tablet and #2 pencils. Pastels will be supplied by the instructor.

Instructor: Rexan  Ostuni

Advanced Art Class

Learn to mix colors and color theory, paint in different styles and media with acrylics and oils.

Ages: 10 yrs. & up

Day/Time: Tue., 6-7:30 PM

Class Code: 705218

Session/Fee: 03, 04, 05, 06 \$65

Supplies: Canvas, paper or board, paint brushes (flat; small, medium) and large table easel. Paint will be furnished by instructor.

Additional Info: Before taking Advanced Art Class, student must complete Drawing and Pastels class.

Instructor: Rexan  Ostuni

Beginning Guitar Instruction

Learn either the acoustic or electric guitar. Learn key chords, along with rhythm and playing techniques.

Ages: 8 yrs. & up

Day/Time: Tue., 6-6:55 PM

Class Code: 705203

Session/Fee: 03, 04, 05, 06 (6 wks.) \$90

Additional Info: Students must bring their own guitar to class.

Instructor: Jeff Escud 

Intermediate Guitar Instruction

Continue learning what you started in the beginning class. Begin reading advanced music on your own. Begin learning to play tunes.

Ages: 8 yrs. & up

Day/Time: Tue., 7-7:55 PM

Class Code: 705204

Session/Fee: 03, 04, 05, 06 (6 wks.) \$90

Additional Info: Students must bring their own guitar to class.

Instructor: Jeff Escud 

Advanced Guitar Instruction

Begin playing with friends in a group/band. Learn how to put chords and rhythms together playing music.

Ages: 8 yrs. & up

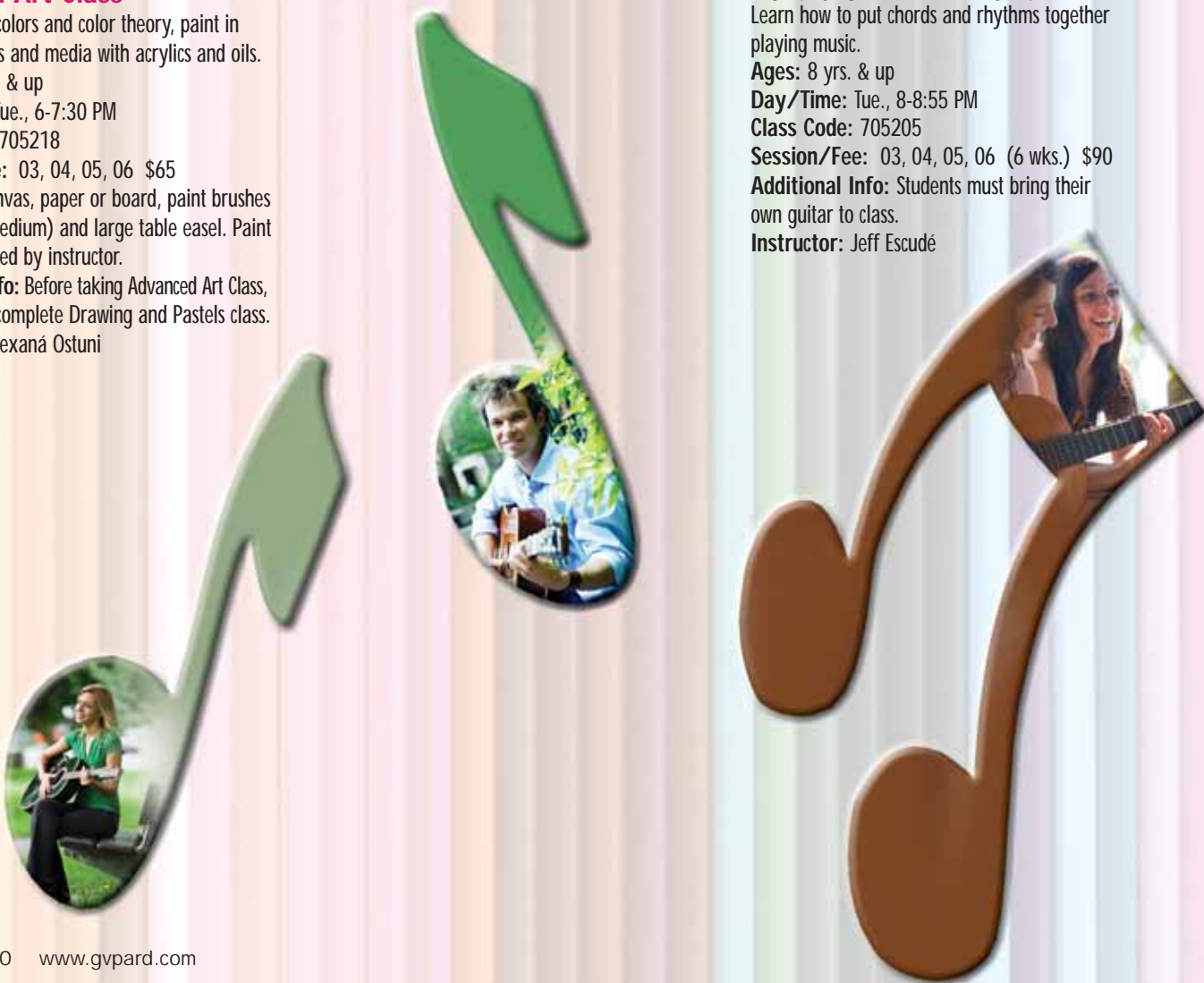
Day/Time: Tue., 8-8:55 PM

Class Code: 705205

Session/Fee: 03, 04, 05, 06 (6 wks.) \$90

Additional Info: Students must bring their own guitar to class.

Instructor: Jeff Escud 



Special Interest

Ballroom Dance For Beginners

Tuesday at 8 PM (705503-03)

Tuesday at 8 PM (705503-04)

Learn a new dance each week during each session as follows: Foxtrot, Waltz, East Coast Swing, Rumba, Cha Cha, and Tango.

Latin Dance For Beginners

Tuesday at 9 PM (705400-03)

Tuesday at 9 PM (705400-04)

Learn a new dance each week during each session as follows: Merengue, Samba, Salsa, Rumba, Cha Cha, and Tango.

Country/Western Dance For Beginners

Thursday at 8 PM (705305-03)

Thursday at 8 PM (705305-04)

Learn a new dance each week during each session as follows: Two Step, Waltz, East Coast Swing, Double Two Step, Cha Cha, and Triple.

Dance Mix For Beginners

Thursday at 9 PM (705306-03)

Thursday at 9 PM (705306-04)

Learn a new dance each week during each session as follows: Merengue, Slow Dance, West Coast Swing (Push), Night Club Two Step, Samba, and Salsa.

ALL ADULT DANCE

Ages: 15 yrs. & up

Session/Fee: 03, 04 (6 Weeks)

\$50/Couple

Instructors: Ernie and Diane Meyer

Cardio Brazilian Belly

This course is a fun, energetic dance combining the subtle elements of belly dancing with the energetic rhythms of Brazilian dance. Emphasis will be on approaching dance/fitness muscularly.

Ages: (Women) 13 yrs. and up

Day/Time: Sunday, 2 PM

Session/Fee: 705307 03, 04, 05, 06 \$45

Instructor: Victoria Phillips

Clogging

Clogging is easy and fun. You don't need a partner or any previous dancing experience. Clogging is a great multi-generation family activity. Children under the age of 15 must be accompanied by an adult.

Day: Monday

Level/Time: Beginning, 7-7:40 PM 709221

Intermed., 7:45-8:25 PM 709222

Advanced, 8:30-9:25 PM 709223

Session 03: Mar. 2-May. 18, 2009

Part I: Beginner (never danced)

Session 05: Jun. 1-Aug. 24, 2009

Part II: Continuation of part I (must have completed Beginners Clogging class)

Fee: \$30

Instructor: John Pryor

Volunteerism in Grapevine

Scout groups, church groups, schools and private citizens make an incredible difference in the success of our volunteer programs. Various volunteer projects in our Special Events division include Daddy Daughter Dance-February, Easter Egg Hunt-April, Cast for Catfish-March, Outdoor Kids Adventure Day-April, and Halloween on Main Street-October. Environmental stewardship, educational programs, scout projects and data entry projects are available year round. For more information, please contact Mary Jo Tellin, at mjtellin@grapevinetexas.gov or call 817.410.3490.

Defensive Driving

Bright Driver is a National Safety Council defensive driving course for all individuals that need an auto insurance discount and/or need to dismiss a traffic citation. This is a six hour course that can also be used as a corporate safety course to a dismiss a traffic citation anywhere in the United States.

Ages: 16 yrs. & up

Day/Time: Sat., 9 AM-4 PM

Session/Fee: 03-Mar. 7 \$35

04- Apr. 25

05- May 9

06- Jun. 13

07- Jul. 18

Class Code: 709736

Instructor: J. T. Brinson

Website: www.brightdriversafety.com

Special Needs Gymnastics

The CAC is now offering a gymnastics class for children with special needs. This class is competitive through Special Olympics and non-competitive for building strength and working on coordination and achieving goals. Participants will also be working on the basic skills of gymnastics. Participants will have one on one guidance as the instructors determine what level and what time student will need to attend.

Day/Time: Mon., 4:30, 5:30 and 6:30 PM

(Starting time determined after initial evaluation.)

Class Code: 706240 / \$75 (6 weeks)

Registration is a continuous process. The instructor will determine when to sign up and at what time after the initial evaluation.

Ages: 3 yrs. & up

Instructor: Denise Anderson-Wright

Additional Info: Participant must contact instructor for initial evaluation before registering for class.

Website: www.specialneedsgymnastics.com

For more information regarding specific dates, please call 817.410.3454.



Special Interest

Puppy Kindergarten

For puppies 3-5 months old. The focus is on socializing your puppy to other people and dogs with basic puppy obedience skills. Addresses puppy issues such as house breaking, play biting, jumping up and chewing. A supply list will be provided to students on the first day of class.

Ages: Dogs, 3-5 mos.; Owners, 8 yrs. & up

Site: Parr Park

Day/Time: Sat. 9-10:30 AM

Class Code/Fee: 709704/\$125

Session/Fee: (03) Mar. 7-Apr. 11

(04) Apr. 18-May 23

(05) Jun. 6-Jul. 18

(No class Jul. 4th)

Additional Info: Please call Suzanne Rice at 817.691.892 upon enrolling.

Beginning Dog Obedience

For dogs 5 months and up. Teaches your dog manners and control while developing better obedience skills. This class will address issues such as barking, chewing, rough play, doorway etiquette, stealing and much more. A supply list will be provided to students on the first day of class.

Ages: Dogs, 5 mos. & up; Owners, 8 yrs. & up

Site: Parr Park

Day/Time: Sat. 10:30 AM-12 PM

Class Code/Fee: 709705/\$125

Session/Fee: (03) Mar. 7-Apr. 11

(04) Apr. 18-May 23

(05) Jun. 6-Jul. 18

(No class Jul. 4th)

Additional Info: Call Suzanne Rice, 817.691.892 upon enrolling.

Adventure Team Geocaching

Geocaching is high-tech treasure hunting for 21st century. Armed w/ a GPS receiver, set of coordinates that tell you the location of the cache, and a healthy sense of adventure.

Players go out and look for riches of goodies hidden by other geocachers.

Ages: All ages

Class Days/ Times: Mar. 7 8:30 AM

Location: Meadowmere Park Grapevine TX

Fee: \$25 per family of 4

Instructor: Adventure Team Staff

Grapevine Family Campout

Family oriented event of fun camping activities. Plan an event with the entire family for dinner, campfire, smores, drinks and breakfast. Please check the Adventure Team website for more information. adventureteamkids.com

Ages: All ages

Class Days/Times: Mar. 14&15, 2009 3 PM

Location: Meadowmere Park Grapevine, TX

Fee: Adults-\$25 Children-\$15

Instructor: Adventure Team Staff

Adult Sailing Seminar

Join the adventure with this introduction to sailing for adults sponsored by the Grapevine Sailing Club. Learn the basics of sailing through a combination of classroom sessions and on-the-water instruction. If you're a first time sailor or just need a refresher, this course is for you.

Site: Grapevine Sailing Club, Scott's Landing Marina

Ages: 16 yrs. & up

Days/Times: Jun. 6, 7 & 13, 14 (2 weekends)

9 AM-4 PM

Fee: \$175

Instructor: Grapevine Sailing Club

Additional Information: Bring water and sunscreen. Bring a sack lunch or order one through the Grapevine Sailing Club.

Registration: Please call 817.915.SAIL or visit www.grapevinesailing.org.

Keep Grapevine Beautiful (KGVB)

KGVB sponsored programs to include bi-annual community waterway and park clean ups, recycling and hazard waste events, park renovation and beautification projects, corporate and small business team building outings, educational programs for small businesses, youth and scouts and grant funding to our schools for project implementation. KGVB welcomes privately scheduled outings with your business, scout, church or school groups. KGVB is an approved, non-profit organization that supports school district community service requirements. For more information, please visit kgvb.org or contact Mary Jo at mjtellin@grapevinetexas.gov or at 817.410.3490.



Funscape

It's the Friday night hang-out for 9 to 14 year olds. Test your skills in Tug-a-War, Basketball, Air Hockey and the Dance contest. Escape to Funscape!

Open every Friday • 7-11 PM
at the Grapevine Community Activities Center,
1175 Municipal Way.

Admission \$8

For more information, please call 972. 446.6483



Community CPR

This course prepares you to rescue victims who are experiencing cardiopulmonary distress. This course includes information on Adult CPR, as well as rescuing infants and children. Successful participants earn the American Red Cross (ARC) Community CPR certificate (valid for 1 year).

Ages: 10 yrs. & up

Day/Time: Sat., 9 AM-5 PM

Sessions: 03-Apr. 4, 05-Jun. 6, 06-Aug. 1

Fee: \$74

Instructor: ARC Certified Instructor

Class Code: 709700

Adult CPR

This course prepares you to assist any victim the size of an average nine-year-old or larger who is experiencing respiratory and/or cardiac distress. Successful participants earn the American Red Cross (ARC) Adult CPR certificate (valid for 1 year).

Ages: 10 yrs. & up

Day/Time: Sat., 9 AM-1 PM

Sessions: 03-Apr. 4, 05-Jun. 6, 06-Aug. 1

Fee: \$60

Instructor: ARC Certified Instructor

Class Code: 709701

Community First Aid & Safety

This course covers everything in the Community CPR course along with first aid for a variety of conditions including bleeding; injuries to bones, muscles and joints; sudden illness; and heat and cold injuries. Successful participants earn two certificates: American Red Cross (ARC), Community CPR, (valid for 1 year) and ARC Community First Aid (valid for 3 years).

Ages: 10 yrs. & up

Day/Time: Sat., 9 AM-7 PM

Sessions: 03-Apr. 4, 05-Jun. 6, 06-Aug. 1

Fee: \$87

Instructor: ARC Certified Instructor

Class Code: 709702

Lake Grapevine Runners And Walkers Club (LGRAW)

LGRAW -(Lake Grapevine Runners And Walkers) is a local non-profit organization dedicated to promoting running, walking and fitness in the Lake Grapevine area. Saturday and Sunday mornings are informal group runs in the Oak Grove Park area. For more information, please visit www.runnersandwalkers.com

Hound Dog Hustle 1mile and 5K

Date: Apr. 25, 2009

Additional Info: For more information, please visit www.runnersandwalkers.com



RARE Learning Go-Getters (6 to 9 years)

The Go-Getters Summer Camp program is for children entering 1st through 4th grade (ages 6 to 9). Classes are geared towards giving students a head start in the grade level that they are entering and helping to prevent summer learning loss. The program focuses on building strong math, language and science concepts.

RARE Go-Getters Program offers a 1:6 teacher to student ratio. \$5 supply fee is due to the instructor on the first day of class. Please bring a snack.

Day/Time/Fee:

Mon. & Wed., 1-4 PM, \$185/month

Sessions/Date/Class Code: 709471

(06) Mon., Jun. 8-Wed., Jul 1

(07) Mon., Jul. 6-Wed., Jul 29

(08) Mon., Aug. 3-Wed., Aug. 19 (3 weeks \$139)

Day/Time/Fee:

Tue. & Thur., 1-4 PM, \$185/month

Sessions/Date/Class Code: 709471

(06) Tue., Jun. 9-Thur., Jul 2

(07) Tue., Jul. 7-Thur., Jul 30

(08) Tue., Aug. 4-Thur., Aug. 20 (3 weeks \$139)

Paddle Pedal & Pound the Pavement X

A Sprint Triathlon

Saturday, May 30, 2009 • Race starts 7:30 AM
Dove Pool, 1509 Hood Lane

Test your fortitude in this annual sprint triathlon that consists of a 300 yard swim, 20k bike ride and a 6k run.



Information & Registration: Cameron Powell,
817.410.3453 or email
cpowell@grapevinetexas.gov

Special Interest

Babysitter's American Red Cross Certification

An eight-hour babysitting course covering a variety of topics including: preventing accidents and illnesses, basic first aid, reviewing choking procedures, rescue breathing and making professional decisions in babysitting. The class is 90% participation. All successful participants will receive a babysitting training book the day of class. There will be a 30-minute break for lunch. Please provide your own lunch, snacks and drinks.

Ages: 11 yrs. & up

Day/Time: Sat., 9 AM-4 PM

Sessions: 03-Feb. 28, 04-May 2, 05-Jul. 11

Fee: \$75

Instructor: ARC Certified Instructor

Class Code: 709703

Grapevine Green Team

Join the Green Team! Environmental literacy is essential for anyone interested in a more sustainable environment. We invite teachers, students and parents to become a part of Grapevine's Green Team! Meetings are held on campus at participating GCISD schools each month. Presentations include a wide range of topics that will inform and entertain all ages. For more information, please call Mary Jo at 817.410.3490.



Earth Day

This year's Earth Day will be celebrated in combination with Outdoor Kids Adventure Day at Meadowmere Park (3000 Meadowmere Lane) on Apr. 25.

\$5 Meals: Learn how to feed your family for less than \$5 per meal-NEW

These tough economic times are calling for everyone to be frugal and resourceful with their money. Learn how to shop for the best produce, meat, and groceries at the best prices. Then, learn how to make healthy, delicious meals that your family will love for less than \$5 and also sample the recipes.

Day: Sat, Feb. 21

Time/Session: 10 AM (10) or 3:30 PM (11)

Fee/Code: \$5/person 709512

Instructor: Erin Chase

Grapevine Citizen's Police Academy

Have you ever wondered what your police department does for you and why? Join the Grapevine Police Department Citizen's Police Academy for fourteen-weeks of fun!

The Citizen's Police Academy is a program designed to give the public a working knowledge of the Grapevine Police Department. This session consists of fourteen consecutive Thursday night classes held at the Grapevine Police Department (307 West Dallas Road) from 6:30-9:30 PM.
There is no charge to participate.

The Grapevine Citizen's Police Academy is available to any Grapevine citizen or any person who owns a business in the city of Grapevine. In addition, the applicant must be 21 years of age or older to participate and must not have a criminal history (a background check is performed). Please contact Sgt. Clay Gidney at 817.410.3213 for additional information.

Dave Ramsey's Financial Peace University (FPU)-NEW

A 13-week program that helps people dump their debt, get control of their money, and learn new behaviors around money that are founded on commitment and accountability. More than half a million families have attended FPU classes with the average family paying off \$5,300 in debt and saving \$2,700 in the first 91 days after beginning the program. The first half of every class will be spent watching Dave Ramsey's video lesson and the second half will be a small group discussion. You must come to one of the orientation classes to register and get your FPU Membership Kit which includes a workbook, a CD Library, budgeting forms and more additional to get your spending under control.

Orientation Class: Thur., Feb. 19, 6:30 PM

Day/Time: Thursdays, 6:30-8 PM

Session: 03 (March 5-June 4)

Fee: \$100 per family unit

Code: 709511

Instructor: Bill Hustons

Recreation

Fundamentals of Flatwater Kayaking

This six-hour course is the most comprehensive beginner lesson available. Receive a solid orientation to kayaks and equipment. Kayaks, paddles, and personal flotation devices are provided.

Site: Classroom session: CAC – Friday

Water session: Meadowmere Park

Lake Grapevine – Sunday

Ages: 9 yrs. & up

Days/Time: Fri., 6-8 PM and
Sun., 9 AM-1 PM

Dates/Class Code:

Jun. 12 & 14/707855-11

Jul. 10 & 12/707855-12

Aug. 7 & 9/707855-13

Fee: \$95 per weekend

Children under 18 when attending with a
paying parent: \$47.50

Kayaking for Seniors

This five-hour course is the most comprehensive beginner lesson available.

Kayaks, paddles, and personal flotation devices are provided.

Site: Classroom session: CAC – Friday

Water session: Meadowmere Park

Lake Grapevine – Sunday

Ages: 55 yrs. & up

Days/Time: Fri., 6-8 PM and
Sun., 2-5 PM

Date/Class Code:

Jun. 12 & 14/707856-11

Jul. 10 & 12/707856-12

Aug. 7 & 9/707856-13

Fee: \$25

Instructors: Staff from Kayak Instruction, Inc.

For more information, please call 214.629.4794
or visit www.kayakinstruct.com.



Grapevine Golf 3800 Fairway Drive

Offering junior and adult programs. Please call
817.410.3377 for more information.

Girls Scout Kayak Training

These training programs are designed to assist girls with earning badges at almost all program levels. All equipment is provided. Class date and times are determined by troop need and in association with Kayak Instruction, Inc. instructor availability. Get your troop together and experience the thrill and adventure of Kayaking. For more information and to schedule a training session, please call 214.629.4794.

Level I	Young Kayaks	Ages 8–17,	Brownie, Junior Cadet & Senior	Cost \$15 per girl
Level II	Kayak Skill Techniques	Ages 9–17,	Junior, Cadet & Senior	Cost \$25 per girl
Level III	Kayak Technique & Rescue	Ages 11–17,	Cadet & Senior	Cost \$40 per girl
Level V	Kayak Roll	Ages 12–17,	Cadet & Senior	Cost \$30 per girl
Level VI	Lake Trip	Ages 10–17,	Cadet & Senior	Cost \$20 per girl

*Scout Kayaking Badges Sunday 2-5 PM, Meadowmere Park.

Grapevine Tennis



Tournaments

All tournaments will have male and female divisions.

Adult Divisions (Men and Women)

3.0 & Below Singles	711868-11
3.0 & Below Doubles	711869-11
3.5 Singles	711850-11
3.5 Doubles	711851-11
4.0 Singles	711852-11
4.0 Doubles	711853-11
4.5 & Above Singles	711854-11
4.5 & Above Doubles	711855-11
4.0 & Above Mixed Singles	711856-11
4.0 & Below Mixed Doubles	711857-11

Junior Divisions (Boys and Girls)

12 & Under Singles	711860-11
12 & Under Doubles	711861-11
14 & Under Singles	711862-11
14 & Under Doubles	711863-11
16 & Under Singles	711864-11
16 & Under Doubles	711865-11
18 & Under Singles	711866-11
18 & Under Doubles	711867-11
14 & Over Jr. Mxd. Doubles	711870-11
14 & Under Jr. Mxd. Dbls.	711871-11

Date: May 16 & 17

Registration Deadline: May 12

Entry Fee: \$16 singles; \$32 double team

Additional Info: Players will be contacted on May 15 regarding starting times. For more information please call Kelly Langdon at 817.481.2726.

ATP

(All Tournament Players)-NEW

Designed for Champs and Super Champs players. Techniques, tactics and fitness will be stressed.

Players must have instructor approval to join the class.

Session: 03, 04

Days/Fee:

\$120 per person for Mon. or Wed. (6 wks.)

\$220 per person for Mon. & Wed. (6 wks.)

Time: 6:30-8:30

Class Codes: Mon. 707200, Wed. 707401,
Both 707801

Tennis Classes-All Tennis Activities Take Place At The Dove Park Tennis Courts, 1509 Hood Lane. Students need to bring a racquet and a new can of tennis balls to the first class meeting.

Pee Wee Tennis-NEW

Designed to create eye/hand coordination while learning basic techniques.

Ages: 3-6 yrs.

Session/Fee: 03, 04, 05, 06 \$30

Days/Time/Code: Sat., 8:30-9 AM 707740

JR. Beginner

This class is designed for the student interested in learning the technique of each tennis stroke. Each class will be divided by skill level.

Ages: 6-15 yrs.

Session/Fee: 03, 04, 05, 06 (6 wks.) \$81

Days/Times: Wed., 5:30-6:55 PM 710251

Wednesday's class not offered in session 05

Sat., 9-10:25 AM 710750 (05)

JR. Advanced

Designed for the serious student with prior instruction. Strategy, technique and point situations will be stressed.

Ages: 6-15 yrs.

Session/Fee: 03, 04, 05, 06 (6 wks.) \$81

Days/Times: Thur., 5:30-6:55 PM

Class Code: 710550

JR. Intermediate

This class is designed to offer strategy to those players competing at school or in tournaments. Techniques will continue to be developed. Players must know the scoring system.

Ages: 6-15 yrs.

Session/Fee: 03, 04, 05, 06 (6 wks.) \$81

Days/Times/Code: Tue., 5:30-6:55 PM 710350

Tournament Tough

This class is designed for high school level players (Jr. Varsity/Varsity). This class will emphasize strategies used in tournament competition (Zats/Champs).

Site: Dove Park

Day/Time: Tue., 7-8:25 PM

Session/Fee: 03, 04, 05, 06 (6 wks.) \$81

Class Code: 710351

Jr. Boot Camp

This class is designed for advanced beginner/intermediate players wanting to increase their fitness level through tennis based conditioning drills.

Day/Time: Saturdays 11:30 AM-1:30 PM

Sessions/Fee: 03, 04, 05, 06 \$120

Code: 707704

Adult Classes

Ages: 15 yrs. & up (or high school skill level)

Session/Fee: 03, 04, 05, 06 (6 wks.) \$81

Adult Beginner: Designed to teach the basic strokes and techniques. Strategy will be discussed if applicable.

Days: Beg.: Wed. (lower courts),
7-8:25 PM 710252

Adv. Beginner/Intermediate: Designed for players with prior experience. Both technique and strategy will be taught.

Days: Adv. Beg./Int.: Thur.,
7-8:25 PM 710551

Women

Ages: 18 yrs. & up

Fee: (6 wks.) \$81

Beginner

Day/Time:

Wed., 11 AM-12:30 PM 710451 (03, 04)

Fri., 11 AM-12:30 PM 710652 (05)

Advanced Beginner/Intermediate

Day/Time:

Wed., 9:30-11 AM 710450 (03, 04)

Fri., 9:30-10:55 AM 710650 (05)

For Summer Tennis Camps, see page 28!

Want to be a champ?-NEW

Players will have the opportunity to have supervised match play. Great for players needing to work on old and new strategies. Scores will accumulate from week to week with a grand prize for the player with the most points. Fee includes drinks provided to the players. Session/Fee: 03, 04, 06 (6 wks.) \$120 Day/Time/Code: Sun., 4:30-5:30 PM 707100 Ages: 10-14 yrs.



YOUTH SPORTS

LEAGUES & TOURNAMENTS

Spring/Summer Youth Basketball

Registration : Mar. 1-22, 2009

Late Registration: Mar. 23-31*

No residency restrictions. First come, first served. Limited space available. *Beginning Mar. 23, a 10% late fee will be added to both individual and team registration.

Game Site/Days: GCISD facilities/Saturdays

Ages: As of Sept. 1, 2008

Divisions:

Boys Indiv. (Division II)		Girls Indiv. (Division II)	
8 & under	612700-12	8 & under	612706-12
10 & under	612701-12	10 & under	612707-12
12 & under	612702-12	12 & under	612708-12
14 & under	612703-12	14 & under	612709-12

Boys Team (Division I)		Girls Team (Division I)	
8 & under	612712-12	8 & under	612718-12
10 & under	612713-12	10 & under	612719-12
12 & under	612714-12	12 & under	612720-12
14 & under	612715-12	14 & under	612721-12

Fee: \$75/individual* (resident)

\$85/individual* (non-resident)

(individual fee includes jersey)

\$400/team* (resident)

\$420/team* (non-resident)

Coaches' Meeting and Practice Sign-up:

All teams must turn in their roster and a copy of each players birth certificate at the coach's meeting. Sat., Apr. 11, 9-11 AM, Grapevine Middle School, 301 Pony Parkway.

Practice Begins: Week of Apr. 26, 2009

Practices will be held at local GCISD facilities Mon.-Thur. Coaches will sign up for their team's practice site and time at the coaches' meeting.

Season Dates: May 2-Jun. 27

All Individuals Divisions: The Parks & Recreation Department will make every effort to place your child on a team with a special friend or coach; however, we do not guarantee that this will take place. www.gvpard.com

All programs require a copy of each players birth certificate.

Youth Basketball Fall League

Coming in October! Boys and Girls

Teams 8 & Under, 10 & Under, 12 & Under, 14 & Under

Girls' Spring Youth Volleyball

An introductory program for young girls learning the game in a league setting. You may sign up individually or bring in your own team. Practice sites are available and league games are on Saturdays.

Registration: Feb. 1-17, 2009

Late Registration: Feb. 18-23*

Divisions:

Girls' Individual		Girls' Team	
8 & under	612406-11	8 & under	612407-11
10 & under	612400-11	10 & under	612403-11
12 & under	612401-11	12 & under	612404-11
14 & under	612402-11	14 & under	612405-11

Fees: \$55-Individual Resident

\$65-Individual Non-Resident

\$210-Resident Team \$230-Non-Resident Team

*As of Feb. 18, a 10% late fee will be added.

Rosters and copy of Birth certificates are due at time of Coaches Meeting!

Coach's Meeting: Sat. Mar. 7, 2009 9 AM

Practices Begin: The week of Mar. 8, 2009

Season: Mar. 28-May 2, 2009

Practices will be held at local GCISD facilities

Sun.-Fri. Coaches will sign up for their team's practice site and time at the Coaches' Meeting.

Additional Info: Jerseys are provided for the individual division only. This is a six-week league.

For more information, call 817.410.3470 or visit www.gvpard.com.

NEW OFFER-Sign up for both girls' Grapevine Youth Volleyball and Grapevine Girls' Softball Associations (GGSa) and pay 50% of the volleyball fee. Must show proof of registration.

Summer Girls' Youth Volleyball

An introductory program for young girls learning the game in a league setting. You may sign up individually or bring in your own team. Practice sites are available and league games are on Saturdays.

Registration: May 23-Jun. 5, 2009

Late Registration: Jun. 6-12*

Divisions:

Girls' Individual		Girls' Team	
8 & under	612406-12	8 & under	612407-12
10 & under	612400-12	10 & under	612403-12
12 & under	612401-12	12 & under	612404-12
14 & under	612402-12	14 & under	612405-12

Fees: \$55-Individual Resident

\$65-Individual Non-Resident

\$210-Resident Team \$230-Non-Resident Team

*As of Jun. 6, a 10% late fee will be added.

Rosters are due at time of the coach's meeting!

Coach's Meeting: Sat., Jun. 20, 2009, 9 AM

Practices Begin: The week of Jun. 28

Season: Jul. 11-Aug. 15, 2009

Practices will be held at local GCISD facilities Mon.-Thur. Coaches will sign up for their team's practice site and time at the Coaches' Meeting.

Additional Info: Jerseys are provided for the individual division only. This is a six-week league.

For more information, call 817.410.3470 or visit www.gvpard.com.



YOUTH SPORTS

ASSOCIATIONS

Pee Wee Football

- Ages are determined as of Aug. 1, 2009.
- 12-yr.-olds may participate in tackle football if they attend a school that **does not** provide a football program.
- 4-yr.-olds may cheer with Executive Board approval.



Early Registration *(Cheerleading and Football)*

The Grapevine Pee Wee Football Association will accept registrations for the 2008 season via mail.

Download the registration form from:

www.gcyfa.org and mail the completed form with a check for the entire early registration fee to:

Grapevine/Colleyville Youth Football Association
P.O. Box 707, Colleyville, TX 76034

Make checks payable to GCYFA.

For more information visit www.gcyfa.org

Grapevine Gazelles Track Team

Our mission is to teach boys and girls ages 5 to 18 about track and field. We promote a fun atmosphere in which to train. Access to track meets will allow experience and the thrill of competition and teamwork.

Ages: 5-18 yrs.

Information & Registration:

coachsuperg@gmail.com

Additional Information: This team competes under USTA, AAU, and TAAF rules.



G A Z E L L E S

Grapevine Youth Baseball

Recreational Baseball

Ages 3-18

Select Baseball Ages 8-14 (must attend tryouts and subsequently selected for a team).



Spring Registration: Online registration will begin in December at www.gyb.org. If registering online, be sure to have credit card. If mailing downloaded registration form and check, address is GYB – Registration, P. O. Box 1732, Grapevine, TX 76099.

Fall Registration: Online registration will begin in Jun. at www.gyb.org. If registering online, must pay with credit card. If mailing downloaded registration form and check, address is GYB – Registration, P. O. Box 1732, Grapevine, TX 76099.

For more information, visit our website: www.gyb.org or contact us by phone at 817.329.5505.

Sign up for our mailing list at www.gyb.org to be informed of registration dates, Select tryouts, rainouts, and other important information.

Grapevine Youth Wrestling

GYW is the newest association in town. Come out and join them during workouts.

They practice on Tuesdays and Thursdays in the fall and winter.

Site: GCISD Facilities

Day/Time: Mon., Tue. and Thur. 6:30-8 PM

Coach: Leon Leal

Additional Info: For more information, please contact Marv Martin at 817.832.5048 or txmartins@verizon.net.

Grapevine Girls Softball Association



Fall Registration: Aug. 15, 22 and 29, 2009

Register at the Grapevine Community Activities Center, 9 AM-3 PM.

Note: Everyone must provide a copy of their birth certificate at registration. You may download the registration form from grapevinegirlssoftball.org. For more information, please call 817.424.2729.

Grapevine-Southlake Soccer Association



Recreational Soccer for ages 4-18

Fall Season: Early Sept. through mid-Nov.

Spring Season: Early Mar. through mid-May

Registration: Jun./Jul. for Fall,
Dec./Jan. for Spring

Website: www.gssasoccer.org

Office Phone: 817.410.9950

Soccer is a sport that focuses on teamwork rather than emphasizing individual performance. Grapevine-Southlake Soccer Association promotes recreational soccer, where children of all abilities and experience levels are encouraged to participate. Teams are coached by volunteer parents and may practice one or two evenings per week (depending on age). A minimum of eight games are played each season, mostly on Saturdays.



ADULT SPORTS

Indoor Volleyball (Section 12)

Ages/Fee: 16 yrs. & up/ \$155 per team

Divisions: Mon.-Coed "Competitive" 611203

Wed.-Coed "For Fun" 611404

Thur.-Coed "Recreational" 611504

Site: Cross Timbers Middle School

Registration: Feb. 1-8, 2009

Late Registration: Feb. 9-16*

Team Packets: Available Feb. 19, after 12 PM

Season Dates: Feb. 23-Apr. 9

Indoor Volleyball (Section 13) NEW

Ages/Fee: 16 yrs. & up/ \$145

Divisions: Tue.-Coed Open 611204

Site: Cross Timbers Middle School

Registration: Mar. 29-Apr. 5, 2009

Late Registration: Apr. 6-13*

Team Packets: Available Apr. 16, after 12 PM

Season Dates: Apr. 21-Jun. 16

Sand Volleyball

Ages/Fee: 16 yrs. & up/ \$150 per team

Divisions: Mon.-Coed "Competitive" 611203

Wed.-Coed "For Fun" 611403

Thur.-Coed "Recreational" 611503

Site: Dove Park Sand Court, 1509 Hood Lane

– Spring (Section 11)

Registration: Mar. 29-Apr. 5, 2009

Late Registration: Apr. 6-13*

Team Packets: Available Apr. 16, after 12 PM

Season Dates: Apr. 20-Jul. 2 (10 week season)

– Summer (Section 12)

Registration: Jun. 21-Jun. 28, 2009

Late Registration: Jun. 29-Jul. 6*

Team Packets: Available Jul. 9, after 12 PM

Season Dates: Jul. 13-Sept. 24
(10 week season)

Flag Football

– Spring 4 on 4 (Section 12)

Registration: Feb. 22-Mar. 1, 2009

Late Registration: Mar. 2-9*

Class Code/Day: 611302/Tue.

Fees: \$235 per team

Team Packets: Available Mar. 12, after 12 PM

Season Dates: Mar. 17-May 5, 2009

– Spring 8 on 8 (Section 13)

Registration: Mar. 1-Mar. 8, 2009

Late Registration: Mar. 9-16*

Class Code/Day: 611103/Sun.

Fees: \$315 per team

Team Packets: Available Mar. 19, after 12 PM

Season Dates: Mar. 22-May 31, 2009

Softball

Game Site: Oak Grove Softball Complex
(Dove Loop at Park Road)

Ages: 16 yrs. & up

Divisions/Codes/Fees:

Sun.	Coed For Fun	611101	\$170
	New Coed Comp.	611100	\$320
	Men's D	611102	\$320
	Men's E	611104	\$320
Mon.	Coed Rec	611201	\$320
	Men's E	611202	\$320
Tue.	Men's Church	611301	\$320
	Men's D	611303	\$320
Wed.	Men's D	611401	\$320
	Men's E	611402	\$320
	New Men's Super	611406	\$320
Thur.	Men's Super D	611501	\$320
	Men's D	611502	\$320
Fri.	Coed Rec	611600	\$320
	Men's E	611601	\$320

– Spring (Section 11)

Registration: Feb. 1-8

Late Registration: Feb. 9-16*

Team Packets: Available Feb. 19, after 12 PM

Season Dates: Feb. 22-May 1, 2009

– Summer (Section 12)

Registration: Apr. 19-26, 2009

Late Registration: Apr. 27-May 4, 2009

Team Packets: Available May 7, after 12 PM

Season Dates: May 10-Jul. 24, 2009

– Fall (Section 13)

Registration: Jul. 19-26, 2009

Late Registration: Jul. 27-Aug. 3, 2009

Team Packets: Available Aug. 6, after 12 PM

Season Dates: Aug. 9-Oct. 16, 2009

ADULT SPORTS

Men's Basketball

Game Site: Cross Timbers Middle School
(CTMS), 2301 Pool Road

Ages: 16 yrs. & up

Days/Divisions/Codes:

Mon.	Recreational	611200
Tue.	35 & Over	611300
Wed.	Recreational	611400
Thur.	For Fun	611500

– Spring (Section 12)

Registration: Mar. 22-29

Late Registration: Mar. 30-Apr. 6*

Fee Per Team: \$340

Team Packets: Available Apr. 9, after 12 PM

Season Dates: Apr. 13-Jun. 25, 2009

– Summer (Section 13)

Registration: Jun. 14-21, 2009

Late Registration: Jun. 22-29*

Fee Per Team: \$300

Team Packets: Available Jul. 2, after 12 PM

Season Dates: Jul. 6-Aug. 20, 2009(7 wk. season)

Ultimate Frisbee

Fees: \$125 per team

Additional Information: All leagues will have a post-season tournament. For more information contact 817.410.3470.

– Spring (Section 11)

Registration: Feb. 24-Mar. 15, 2009

Late Registration: Mar. 16-23*

Class Code/Day: 613100/Wed.-Competitive
613400/Wed.-Recreational

Team Packets: Available Mar. 26, after 12 PM

Season Dates: Apr. 1-May 27

– Summer (Section 12)

Registration: May 2-23, 2009

Late Registration: May 24-31*

Class Code/Day: 613100/Wed.-Competitive
613400/Wed.-Recreational

Team Packets: Available Jun. 4, after 12 PM

Season Dates: Jun. 10-Aug. 5, 2009

Adult Athletics Staff: 817.410.3450

Rainout Hotline: 817.410.3475 after 3:30 PM

For schedules and standings:

www.gvpard.com

Registration Information: Space is limited.

First come, first served!

***Late Registration Fee:** All adult leagues are subject to a 10% late registration fee

Spring & Summer Camps

Registration Begins Feb. 1, 2009



ART CAMPS

Tap into your child's creative side! This series of camps teaches your child a wide variety of skills and crafts from painting to creating chocolate delights. Attend them all! **Note: All students will need to bring a smock, light snack and a drink to class.**

Ages: 6-12 yrs.

Day/Date: Mon.-Fri., 1:30-4 PM

Fee: \$95/\$25 supply fee

Instructor: Elizabeth Mellot

Chocolate Candy Making

Chocolate candy making camp will explore a variety of fun chocolate techniques. Students will make 2 boxes of candies! This camp will create filled chocolate, chocolate cups, dipped candies, chocolate mold candies, chocolate clusters and more!

Dates/Code: Jun. 22-26 (703904-05)

Clay

An introduction to clay, this camp includes techniques from hand formed art pieces, pinch pots, coil pots and slab formations. Projects include mugs, bowls, animals, and students own creations. All pieces will be painted with food safe glazes by the students.

Dates/Code: Jul. 13-17 (703901-05)

Painting

The camp is an introduction to painting. Students will learn watercolor, acrylic and mixed media paints. Projects will include animals, sunsets, landscape and portraits.

Dates/Code: Jul. 27-31 (703903-05)

MAD SCIENCE CAMPS-NEW

Ages: 6-12 yrs.

Days: Mon.-Fri.

Times: Half Day (9 AM-12 PM)

Full Day (9 AM-3:30 PM)

Genius 101

Campers will become Jr. Engineers as they investigate why an egg's shape is so strong, Mad Machiners launching marshmallows, Crazy Chemists mixing and brewing in the lab, Binocular Bird and Beast Watchers and even Photographers catching it all on film!

Dates/Code: Jun. 15-19 (703912-05)

Jul. 13-17 (703913-05)

Fees: Half Day \$125, Full Day \$189

Claws, Codes and Comets

Campers will travel the planet and beyond on this jam-packed scientific journey! They will use their super recycling powers to save the planet, tip-toe through the animal kingdom, communicate through secret codes, and even learn the science behind their favorite sport!

Dates/Code: Jun. 22-26 (703913-05)

Aug. 3-7 (703923-06)

Fees: Half Day \$125, Full Day \$189

Secret Agent Lab

Prepare for a very undercover week! Campers will become detective and investigate more than crime, from organs, and how they gurgle and squirt, to Cells, and how they speak with out mouths, even solving puzzles with chemical counting to see radical reactions.

Dates/Code: Jul. 6-10 (703917-05)

Fees: Half Day \$125, Full Day \$189

Special Needs

Gymnastics Camp-NEW

This gymnastic camp is geared to children with special needs. This is a non-competitive camp. Campers will build strength and work on coordination and basic gymnastic skills. This camp will enhance the growth in their fine motor skills and they will learn rhythmic moves.

Time/Date/Code/Fee:

Jun. 1-5, 1-3 PM 703932-05 \$150

Jun. 15-19, 1-3 PM 703936-05 \$150

Ages: 3 yrs. & up

Instructor: Denise Anderson-Wright

For more info:

www.specialneedsgymnastics.com

CAC Spring Break Camp

Children will participate in supervised activities such as basketball, dodgeball, arts and crafts, scavenger hunts, team building exercises and G-rated movie time. Space is limited.

Ages: 7-12

Dates: Mar. 16-20, 2009

Fee: \$65 per session or \$115 for the full day

Time/Code: 8 AM-12:30 PM (703933-03)

1:30-6 PM (703934-03)

Additional Info: Campers must bring a sack lunch if staying the entire day. A maximum of three HERO candidates are allowed per session.

Junior Jazzercise Camp

This camp features hip-hop, cheerleading, fitness testing, obstacle course, talent show, arts & crafts and more.

Ages: 8-11 yrs

Days/Time/Code: Mon-Fri 1-4 PM (706711)

Session/Fee: June 8-12 \$100

Instructor: Missy Hill

For more info: 817.269.6477





Spring & Summer Camps

Registration Begins Feb. 1, 2009

CAC Summer Camp

This is the best way to spend your summer (just ask any camper from last summer)! Campers are led in activities, contests and games, teambuilding and problem solving exercises, and are taken to an offsite field trip* at the end of each session. The three sessions offered coincide with the GCISD School summer break. Two classes per session, meet five times per week (M-F). Get ready for the best summer ever!

Ages: 7-12 yrs.

Sessions/Fees: 06 Jun. 1-30 \$165,
07 Jul. 1-31 \$165, no class 7/4
08 Aug. 3-21 \$120

Time/Code: 8:30 AM-12:30 PM 703924
1:30-6 PM 703925

Note: The field trip cost is not included in the initial camp fee. A maximum of three HERO candidates allowed per session.

Lego Lego

Lego Lego brings young technicians, ages 8-12, into the creative, high-tech engineering environment. Not found in stores, the special Lego Lego kits provide extraordinary opportunities for the hands-on construction. Along with the detailed technical plans to follow, the kit also includes motors, lights, touch sensors, drive chains, special Lego components and more! Under the guidance of a certified educator, the participant will build robots, traffic lights, race cars, 4X4 trucks, cranes, pulleys, levers and more during this energized week of discovery with Lego.

Ages: 8-12 yrs.

Day/Date/Fee: Mon.-Fri., Jul. 20-24, \$90

Time/Code: 8:30-11 AM 703907-05
2-4:30 PM 703908-05

Instructor: Fastforward Kids

Drama Camp

Look out Broadway... here we come! "Broadway and Beyond" is the theme of this year's camp where students will be whisked away into the wonderful world of theatre. Campers show off their talents at the end of the week with a performance at LifeStage Theatre at 3 PM.

Ages: 6-11 yrs.

Dates/Time: Aug. 10-14, 9 AM-4 PM

Class Code/Fee: 703935-06, \$250

Instructor: Life Song Studios

Bugs, Poop & Junk-NEW

Privately tour cool places where no one has been and investigate behind the Grapevine scene. Find out what happens after you flush. Lakeshore water sampling and park exploration. Plant, grow and EAT your own lab experiment. Get the scoop on reducing, reusing and recycling your junk. Week ends with a memorable special assignment.

Site: Various educational venues in Grapevine

Dates/Time: Jun. 15-19 or Jul. 13-17, 9 AM-3 PM

Age: Completed 4th-7th graders

Class Size: min 8/max 12

Cost: \$195/week

Add. Info.: Camper will need to bring a sack lunch

Class Code: 304703

Lego Mania

This innovative program for Lego buffs, ages 5-7, provides opportunities for the imagination and hands-on learning under the guidance of a certified educator. Over 15 new games, projects and activities not found in stores will be planned and manipulated. "Zillions" of pieces ensure that there is always enough for everyone.

Ages: 5-7 yrs.

Day/Date: Mon.-Fri., Jul. 20-24

Fee: \$90

Time/Code: 11:30-1:45 PM 703906-05

Instructor: Fastforward Kids

Summer Camp with Barbie!

Barbies, Barbies, Everywhere! Your certified teacher (who still loves Barbie too) has developed a rich and meaningful curriculum full of objective, and supporting activities for you. You and Barbie will have a great time learning to dress for the occasion, practicing good manners, making new friends, importance of school work, dreaming of careers, practicing talents and much more!

Ages: 5-8 yrs.

Day/Date: Mon.-Fri., Jul. 20-24

Time/Code: 8:30-11 AM (703909-05)

Fee: \$90

Instructor: Fastforward Kids

Film-Making Camp

Students will conduct filming experiments and prepare a short film. As a result, not only does a student learn more about communications, team-work, research, and film production, but also about science and the engaging aspects of film-making. The program teaches a host of skills and also Generates Curiosity and interest in physics. Students will learn: On-air confidence, reading comprehension, scientific approach, research skills, writing skills, productions skills and much more.

Ages: 9-15 yrs.

Dates/Time/Code:

Jul., 27-31, 9 AM-12 PM/703915-06

Aug., 10-14, 1-4 PM/703916-06

Fee: \$135

Instructor: Rare Learning

Fashion Designer

Young girls will graduate from playing dress up to actually creating and modeling their own fashion designs. Participants will be grouped in Design Teams which will be responsible for creating designs for the grand fashion show scheduled for the final day. Every participant will have the opportunity to design, assemble and model the fashions that they imagine. Design basics such as drawing, color, pattern, and texture coordination will be learned and applied to an individual designer portfolio. Designs come to life with fabrics, papers, ribbons, embellishments and much more. No sewing required.

Ages: 8-11 yrs.

Day/Dates: Mon.-Fri., Jul. 20-24

Time/Code: 11:30-2 PM (703910-05)

Instructors: Fastforward Kids

Fee: \$90





Registration Begins Feb. 1, 2009

888.262.9160

British Soccer Camps

challengersports.com

Camp	Dates	Times	Ages	Code	Site	Fee
Mini Soccer	Jun. 8-12	9 AM-10:30 AM	4-5 yrs.	603908-11	Parr Park-3010 Parr Road	\$79
Half Day	Jun. 8-12	9 AM-12 PM	6-14 yrs.	603910-11	Parr Park-3010 Parr Road	\$104
Mini Soccer	Jul. 6-10	9 AM-10:30 AM	4-5 yrs.	603908-12	Parr Park-3010 Parr Road	\$79
Half Day	Jul. 6-10	9 AM-12 PM	6-14 yrs.	603910-12	Parr Park-3010 Parr Road	\$104

Your British Soccer coach will help you sharpen your skills and teach you many more! Each camper will go through the British Soccer program of individual skill development, technical and tactical practices, small sided games and coached scrimmages. Campers will receive a soccer ball and camp T-shirt. To rent equipment please call challenger sports at 1.888.262.9160. A late fee of \$10 will be assessed if you register after May 24 for the camp on Jun. 9-13 and after Jun. 21 for the camp on Jul. 7-11

972.741.9169

ATKids Adventure Day Camps

Camp	Dates	Times	Ages	Contact	Site	Fee
Spring Break Day Camp	Mar. 16-20	9 AM-4:30 PM	4-13 yrs.	972.741.9169	Meadowmere Park, Lake Grapevine	\$200
Summer Day Camps	Jun. 1- Aug. 21	9 AM-4:30 PM	4-13 yrs.	972.741.9169	Meadowmere Park, Lake Grapevine	\$200 per week

Camp duration is one week, early and late drop-off/pick up available. Fee includes snacks, drinks, and materials. For registration and more information, visit www.AdventureTeamKids.com or contact Jennifer Marlow at 972.741.9169.

817.410.3470

Hoops 24

Camp	Dates	Times	Ages	Code	Site	Fee
Basketball Camp	Jun. 15-19	10:30 AM-1:30 PM	7-14 yrs	603921-11	Community Activities Center	\$125

Register by May 21 and receive a camp T-shirt Y or A sizes, S,M,L,XL.

972.672.4018

Sailing Camps

www.grapevinejuniorsailing.org

Camp	Dates	Times	Ages	Code	Site	Fee
Day Camp for Young Sailors	Jun. 8-19	9 AM-4 PM	8-14 yrs.	703954-10	Scott's Landing Marina, Lake Grapevine	\$450
Day Camp for Young Sailors	Jun. 22- Jul. 3	9 AM-4 PM	8-14 yrs.	703954-11	Scott's Landing Marina, Lake Grapevine	\$450
Day Camp for Young Sailors	Jul. 20-31	9 AM-4 PM	8-14 yrs.	703954-12	Scott's Landing Marina, Lake Grapevine	\$450

Campers will learn the joy of sailing. We will teach them the basics of how to sail as well as the part and proper care of a boat. The sessions have been developed to accommodate all levels of student. From beginners with no experience on a boat to kids that have taken the camp perviously. Campers should bring a U.S. Coast Guard approved life jacket. Campers may sign up for multiple camps.

Race Camp for Opti Sailors	Jun. 8-19	9 AM-4 PM	8-13 yrs. (Children weighing under 110 pounds)	703945-11	Scott's Landing Marina, Lake Grapevine	\$450
----------------------------	-----------	-----------	---	-----------	--	-------

Campers will learn the art of racing. This camp is for both the beginning and advanced racer using the Optimist Sailboat. Campers should have completed at least one session of the Recreational camp prior to attending this camp. The camp is geared towards juniors that want to move into the racing program or who have been on the racing team. Campers will learn the racing rules of sailing, boat speed and basic racing tactics. After successfully completing this camp, campers may join the racing team and are qualified to participate in the Junior Olympic Event in July (call for more details).

Race Camp for Laser/420 Sailors	Jun. 22-Jul. 3	9 AM-4 PM	11-16 yrs. (Children weighing over 110 pounds)	703946-11	Scott's Landing Marina, Lake Grapevine	\$450
---------------------------------	----------------	-----------	---	-----------	--	-------

Campers will learn the art of racing. This camp is for both the beginning and advanced racer using the Laser Sailboat. Campers should have completed at least one session of the Recreational camp prior to attending this camp. The camp is geared towards juniors that want to move into the racing program or who have been on the racing team. Campers will learn the racing rules of sailing, boat speed and basic racing tactics. After successfully completing this camp, campers may join the racing team and are qualified to participate in the Junior Olympic Event in July (call for more details).




Registration Begins Feb. 1, 2009

817.481.2726

Tennis

Camp	Dates	Times	Ages	Code	Site	Fee	Additional Information
Pee Wee	Mon.-Thu.	10 AM - 10:25 AM	4-7 yrs.	703950	Dove Tennis Courts	\$18	Designed to create eye/hand coordination while learning basic techniques.
Junior Beginner	Mon.-Thu.	10:30 AM - 11:55 AM	6-15 yrs.	703951	Dove Tennis Courts	\$62	Designed to teach all basic strokes in a fun, easy-to-learn manner.
Junior Beginner Tennis And Swim	Mon.-Thu.	10:30 AM - 1:25 PM	6-15 yrs.	703952	Dove Tennis Courts	\$80	Includes 1 and a half hours tennis instruction, a half hour lunch and 1 hour at Dove pool. Bring a sack lunch and swim suit each day.
Junior Adv.Beginner/Intermediate	Mon.-Thu.	8:30 AM - 9:55 AM	6-15 yrs.	703953	Dove Tennis Courts	\$62	Designed for students with prior instruction. Technique and strategy will be stressed.
Tournament Tough	Mon.-Thu.	8:30 AM - 9:55 AM	8-18 yrs.	703957	Dove Tennis Courts	\$62	Junior Varsity /Varsity level players
High School Boot Camp	Mon.-Wed.	8 AM - 11 AM	14-18 yrs.	703959	Dove Tennis Courts	\$90	Designed for Champ and Super Champ players wanting to improve conditioning, techniques and tactics.
Want to be a champ?	Mon.-Wed.	4 PM - 6 PM	10-14 yrs.	703960	Dove Tennis Courts	\$62	Junior Varsity /Varsity level players. Designed for ZAT players & younger Camp players wanting to take the next step. Conditioning, techniques and tactics will be stressed.

Tennis Camp Session Dates:

Session	Dates	Session	Dates
11	Jun. 8-11	16	Jul. 20-23
12	Jun. 15-18	17	Jul. 27-30
13	Jun. 22-25	18	Aug. 3-6
14	Jul. 6-9	19	Aug. 10-13
15	Jul. 13-16		

Note: Any rainouts will be made up on Friday. All tennis students need to bring a racquet and unopened can of balls to the first day of camp.

All camps start on the same date. High School Boot Camp and Want to be a champ? Classes meet Mon.-Wed. only.

817.410.3470

Integrity Basketball Camp

www.gvpard.com

Camp	Dates	Times	Ages	Code	Site	Fee	Additional Information
Coed Basketball Camp	Jul. 6-9	1 PM -4 PM	8-11 yrs.	603920-11	CAC 1175 Municipal Way	\$70	Camp Featuring: Brock Pembleton Campers will have fun while learning the game of basketball. Instructors will focus on fundamentals, as well as offensive/defensive skills and strategies. Integrity Characteristics: Discipline, Reliability, Honesty, Determination, Attitude



Aquatics



Dove Pool

817.410.8140 • 1509 Hood Lane

Pleasant Glade Pool

817.410.8137 • 1805 Hall Johnson

Weekly Special Program Hours

Lap Swim: 7:30-9:30 PM (*lane ropes provided*)

Dove Pool: Monday & Wednesday

Pleasant Glade: Tuesday, Thursday

Family Night: 7:30-9:30 PM For family fun, you may bring pool toys. Children must be accompanied by an adult.

Dove Pool: Tuesday, Thursday

Pleasant Glade: Monday & Wednesday

Admission

General Admission: \$1.50 per person

Punch Pass: \$30 for 25 admissions

Family Season Pass: \$80

Individual Season Pass: \$40

Children (under 24 mos.) with parent: Free

Children 9 and under must always be accompanied by an adult.

ANYONE ENTERING THE FACILITY MUST PAY ADMISSION.

Aquatics Season Pass

- May be purchased at Community Activities Center
- Family (\$80) Individual (\$40)
- Unlimited access to both pools
- Valid for all special events
- Everyone over 24 months must have their photo taken for their season pass
- For additional information, call 817.410.3450.

Pool Rentals

Dove & Pleasant Glade Pools are available before/after hours for organization and group swim party rentals. Pools may be reserved for swim parties May 23-Aug. 30. Applications must be submitted at least two weeks in advance. Prices vary by attendance. For information and reservations, call 817.410.3471. Dove Rentals start at \$60 per hour. Pleasant Glade Rentals start at \$70 per hour.

Rental Hours:

Friday 7:30-9:30 PM

Saturday 7:30-9:30 PM

Sunday 9:30-11:30 AM & 6:30-8:30 PM

2009 Open Swim Schedule

May

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Jun.

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Jul.

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Aug./Sept.

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5
6	7	8	9	10	11	12

= 10 AM-7 PM

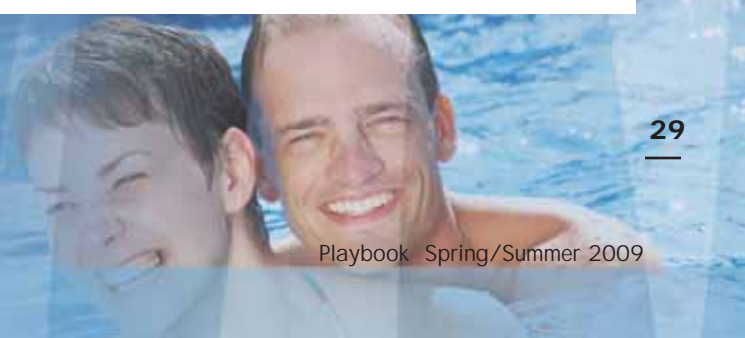
= 10 AM-6 PM

= 1 PM-6 PM

= 12 PM-5 PM

= 12 PM-5 PM & 7:30 PM-9:30 PM

= Doggy Dive-In 10 AM-2 PM



Swimming Lessons

Registration Information

Registration begins Sun., Feb. 1 for Grapevine residents. Non-residents may register beginning Sat., Apr. 18. Residents must show proof of residency, such as a driver's license or Grapevine water bill along with a photo ID. See page 48 for details on how to register for classes.

How To Register

- Step 1:** Select pool and level desired (see pages 33-34)
Step 2: Select session dates (see top of pages 33-34)
Step 3: Select time (see pages 33-34)
Step 4: Complete registration form listing class code and session number (see page 48)

Observation Policy – To ensure your child's success and limit distractions, parents and visitors are required to stay in the designated seating area.

Learn To Swim Course Descriptions

Class are offered Monday-Thursday (make up days are held on Fridays)

LTS Class (2-week session)

Residents: \$35

Non-residents: \$45

Class Info: The level course descriptions below are skills a participant must perform prior to the end of a session to receive certification for that level. Classes are Monday-Thursday for 40 min./day. In order for class to "make," a minimum of 5 participants are required.

Min: 5 Max: 10 1 instructor minimum

Semi-Private Lessons (2-week session)

Residents: \$60

Non-residents: \$70

Semi-Private Lessons: Smaller class size will allow your child to progress at a faster pace and get more individual attention. Min. class size: 2 children. Max.: 4 children. Classes are held Monday-Thursday for 40 min./day.
1 instructor minimum

Private Lessons (1-week session)

Residents: \$90

Non-residents: \$100

Private Lessons: Receive one-on-one attention to enhance instruction of swimming skills for your child. One-week classes are held Monday-Thursday for 40 min./day. Private lessons are held at both pools during regular lesson times. See the registration table on page 32. Call the LTS Coordinator at 817.410.3471 for more information.
1 student and 1 instructor

Any rainouts will be made up on Fridays.

Mom, Dad & Me

Introduces infants, toddlers and their parents to basic water adjustment and safety through repetitive key words, actions and progressive skills. Playful learning through the use of songs and toys are the tools used to acquaint babies with the water. The child will work on safety, exiting the pool independently, learning to roll from back to front, and intro to using life jackets. It has been proven that positive early experiences in the water not only builds a child's self-confidence but also gives them a solid foundation for expedient progress.

Fee: \$25 residents, \$32 non-residents

Level: Mom, Dad & Me (1 Week Sessions) (0-35 months)

- Bubbles
- Water adjustment
- Exploring the pool
- Parent holding positions
- Working with a partner
- Support positions
- Front kick
- Back float
- Arm strokes
- Rolling over
- Water exit

Semi Private Water Tots (18-35 months)

This class is designed for children already comfortable in the water, ready to transition to a group setting, and comfortable being away from parents for 40 minutes. Small class size will use games and songs to build skills while focusing on safety. This class is NOT for children with no previous water experience, those fearful of water or uncomfortable being away from parents. Parents are not allowed to accompany children to class or in the water.
Max class size is 4 children.

Fee: \$60 resident, \$70 non-resident

Level: Preschool I (starting at 3 years)

- Water adjustment
- Water entry and exit
- Fully submerge face
- Supported floating
- Flutter kick
- Alternating arm action
- Glides and passing
- Breath control
- Bobbing from side of pool
- Jumping in/kicking up

Level: Preschool II (3 years and up)

- Prerequisite: Preschool I



Swimming Lessons

Level 1: Water Exploration (starting at 4 years)

- Fully submerge face 3 seconds
- Breath control
- Supported float front and back
- Enter and exit independently
- Flutter kick front and back
- 5 ft. alternating arm action
- 5 ft. front crawl

Level 2: Fundamental Skills (5-6 years)

- Fully submerge head for 5 sec.
- Retrieve objects underwater
- Unsupported front and back float
- Unsupported front and back glides
- 10 ft. front crawl
- 10 ft. back crawl
- Intro elementary backstroke
- Finning on back
- Turn over front to back

Level 3: Stroke Development (6-7 years)

- Retrieve underwater objects
- Jump in deep water
- Beginning dive skills and rules
- 8 ft. front and back gliding with push off
- 15 yds. front crawl/breathing front or side
- 15 yds. back crawl
- 15 ft. butterfly kick
- Treading water for 30 sec.
- Sculling

Level 4: Stroke Improvement (7-8 years)

- Advanced diving skills
- Endurance swimming
- 25 yds. front crawl with rotary breathing
- 25 yds. back crawl
- 15 yds. elementary backstroke
- 15 yds. breaststroke
- Changing directions at the wall
- Treading water using alternate kicks for 1 minute.

Level 5: Stroke Refinement (8-9 years & up)

- Long shallow dive
- 50 yds. front crawl/alternate breathing
- 50 yds. back crawl
- 25 yds. elementary backstroke
- 25 yds. breaststroke
- 15 yds. underwater swim
- 15 yds. butterfly
- Safety rules for diving from a board
- 2 minutes treading and sculling water.

Level 6: Skill Proficiency (9 years & up)

- Approach for diving from a board
- 100 yds. front crawl with at least one turn
- 100 yds. back crawl with at least one turn
- 50 yds. breaststroke
- 50 yds. sidestroke
- 50 yds. butterfly
- 50 yds. elementary backstroke
- Breaststroke and sidestroke turns
- Flip turn for front crawl
- Tuck surface dives
- 5 minutes treading water with different kick

S.S. Splash!

This is a 1-week alternative swim program for children with special needs. Individualized lessons provide an opportunity to further develop the physical, cognitive and social needs of youth with special needs in a fun, safe, and supportive environment. Instructors will personalize the Learn to Swim program to encourage relaxation along with confidence and self-esteem in water skills. A parent or guardian is required to join the child and instructor in the water.

Site: Dove Pool and Pleasant Glade Pools

Ages: 3-18 yrs.

Fee: \$55 residents, \$65 non-residents

Class Code: refer to private lesson codes on page 32

Diving I

An introduction to formal diving. Will start with the beginning fundamentals of a knee dive and work up to a springboard dive from the diving board. This class is only offered at Dove Pool due to depth requirements.

Diving II

A continuation of diving skills. Will introduce flips, twists, pike and tuck dives. Students should already be able to do a springboard dive from the diving board.

Senior Splash and Stroke

FREE to Senior Activities Center (SAC) members, non-SAC members \$25 for 4 weeks. This class will provide simple exercise routines conducted to music. Emphasis on range of motion, coordination and social communication. Easy entry and exit of the pool with customized stairs. Come join the fun.

Site: Dove Pool

Days: Tue. & Thu.

Time: 8-8:45 AM

Code: 532631

Session Dates: 10: (4 wks.) Jun. 2-Jun. 25

11: (4 wks.) Jun. 30-Jul. 23

12: (4 wks.) Jul. 28-Aug. 20



Swimming Lessons

Swim Lesson Aide (SLA) Certification

A two-week training experience designed to prepare young swimmers to assist Water Safety Instructors in all aspects of swimming lessons. Candidates will focus on stroke and skills practice, administrative duties, equipment management, plus infant and preschool aquatic techniques. For certification, each student is required to be at least 10 years old, pass a Level 4 swim skills test and acquire a minimum of 12 hours of class time. After receiving certification, Swim Lesson Aides, age 12-14 are eligible to assist in the LTS program as a volunteer. Those age 15 and older may apply for employment with the City of Grapevine. The hiring of SLA's will be based on class needs and recommendations from their instructors. There is no guarantee of employment with the City of Grapevine upon passing this class. **Females must wear a 1 piece swimsuit.**

Site: Community Activities Center (CAC), Mon. & Tue.

Pleasant Glade Pool, Wed. & Thur.

Session: 531200-10

Dates/Time: May 4-7 & May 26-29, 5:30-7:30 PM

Fee: \$35 resident, \$45 non-resident

Jr. Guard (ages 10-14)

Think You Got What It Takes? The Jr. Guard Program is designed to introduce lifeguarding skills and knowledge to advanced swimmers. In this class, participants will be using lifeguard equipment, practicing CPR skills and mock scenarios to prepare for a future lifeguarding. Participants will receive a Student Workbook. Please bring a pen, towel and goggles. **Females must wear a 1 piece swimsuit. This is NOT a lifeguard certification class.**

Prerequisite: Swim 100 freestyle and 100 breaststroke without stopping.

Fee: \$70 resident, \$80 non-resident



Private Lessons

1-week private classes are available. Receive 40 minutes of one-on-one attention each day to enhance instruction of swimming skills for children or adults. Private lessons are offered at both pools throughout the summer.

Registration: To register, refer to these tables, select a time and pool which will give you the class code. Then select a session date, which will give you the session code. (e.g. to take a 10:30 private lesson at Dove the first session of classes, you would register for 501103-0A).

Time	Class Code Dove Pool	Class Code PG Pool	Dates	Session
			6/1-6/4	0A
9 AM	501900	502900	6/8-6/11	1A
9:45 AM	501945	502945	6/15-6/18	1B
10:30 AM	501103	502103	6/22-6/25	2A
11:15 AM	501111	502111	6/29-7/2	2B
5:15 PM	501515	502515	7/6-7/9	3A
6 PM	501600	502600	7/13-7/16	3B
6:45 PM	501645	502645	7/20-7/23	4A
			7/27-7/30	4B
			8/3-8/6	5A
			8/10-8/13	5B

Grapevine Gators Swim Team-Pleasant Glade Pool

Practice Site	Days	Workout	Practice Times	Swim Team Fee	Parent Meeting	Code	Additional Info
Pleasant Glade Pool	Mon.-Fri.	7-8:50 AM 12 & up 8-8:50 AM 11 & under	May 26-Jun. 5 3:45-5 PM Jun. 8-Reg Practice Time	\$135 residents \$150 non-residents \$12 TAAF fee included	May 18, 7 PM Community Activities Center	54000-10	Resident registration begins Feb. 1 Non-resident registration begins Apr. 18

Dove Pool



Mom/Dad & Me (1 week classes parent assists child while in the water. For fees and more info, see page 30.)

Jun. 1-4	Jun. 8-11	Jun. 15-18	Jun. 22-25	Jun. 29-Jul. 2	Jul. 6-9	Jul. 13-16	Jul. 20-23	Jul. 27-30	Aug. 3-6	Aug. 10-13
6 PM 510600-0A	5:15 PM 510515-1A	5:15 PM 510515-1B	10:30 AM 510103-2A	10:30 AM 510103-2B	6 PM 510600-3A	6 PM 510600-3B	No MDM Class	No MDM Class	6 PM 510600-5A	6 PM 510600-5B

Level	Session 11 Jun. 8-18	Session 12 Jun. 22-Jul. 2	Session 13 Jul. 6-16	Session 14 Jul. 20-30	Session 15 Aug 3-13
Semi-Private Water Tots	10:30 AM 518103 5:15 PM 518515 6 PM 518600	9:45 AM 518945 11:15 AM 518111 6 PM 518600	9:45 AM 518945 6 PM 518600	9 AM 518090 10:30 AM 518103	9:45 AM 518945 6 PM 518600
Semi-Private Preschool	9:45 AM 519094 6 PM 519600 6:45 PM 519645	9 AM 519090 9:45 AM 519094 6 PM 519600	9:45 AM 519094 6:45 PM 519645	10:30 AM 519010 11:15 AM 519011 6:45 PM 519645	9 AM 519090 11:15 AM 519011 5:15 PM 519515
Semi-Private Levels 1-2	9 AM 511090 11:15 AM 511011 6 PM 511600	9 AM 511090 5:15 PM 511515 6:45 AM 511645	9 AM 511090 11:15 AM 511011 5:15 PM 511515	9:45 AM 511094 10:30 AM 511010 5:15 PM 511515	9 AM 511090 10:30 AM 511010 5:15 PM 511515
Semi-Private Levels 3-4	9 AM 512090 10:30 AM 512100 6:45 PM 512640	9:45 AM 512094 5:15 PM 512515 6:45 PM 512640	10:30 AM 512100 5:15 PM 512515	9:45 AM 512094 5:15 PM 512515	10:30 AM 512100 6 PM 512060
Semi-Private Levels 5-6	9:45 AM 517945 6:45 PM 517645	10:30 AM 517103 6 PM 517600	11:15 AM 517111	9 AM 517090 6:45 PM 517645	9 AM 517090 6:45 PM 517645
Preschool I	9:45 AM 519945 11:15 AM 519111 5:15 PM 519051 6:45 PM 519064	10:30 AM 519103 5:15 PM 519051 6:45 PM 519064	10:30 AM 519103 11:15 PM 519111	9 AM 519900 5:15 PM 519051	5:15 PM 519051
Preschool II	10:30 AM 508103 6 PM 508600	11:15 AM 508111	5:15 PM 508515 6:45 AM 508645	6 PM 508600	6:45 AM 508645
Level 1	9:45 AM 511945 11:15 AM 511111 6:45 PM 511064	11:15 AM 511111 6 PM 511060	9 AM 511900 6 PM 511060	9:45 AM 511945 6:45 PM 511064	10:30 AM 511103
Level 2	10:30 AM 512103 6 PM 512600	9 AM 512900 5:15 PM 512051 6:45 PM 512645	10:30 AM 512103 5:15 PM 512051 6:45 PM 512645	9 AM 512900 11:15 AM 512111 6:45 PM 512645	10:30 AM 512103 6 PM 512600
Level 3	9 AM 513900 5:15 PM 513515	9:45 AM 513945 6 PM 513600	9 AM 513900 11:15 AM 513111 6 PM 513600	5:15 AM 513515 6 AM 513600	9:45 AM 513945 5:15 PM 513515
Level 4	9 AM 514900	10:30 AM 514103 6 PM 514600	9:45 AM 514945	9:45 AM 514945 6 PM 514600	9:45 AM 514945 6:45 PM 514645
Level 5	5:15 PM 515515	9 AM 515900	5:15 PM 515515	10:30 AM 515103 5:15 PM 515515	5:15 PM 515515
Level 6			6 PM 516600	11:15 AM 516111	11:15 AM 516111 6 PM 516600
Semi-Private Adult	6 PM 537600			6 PM 537600	
Diving I	6:45 PM 538645	5:15 PM 538515		6 PM 538600	11:15 AM 538111
Diving II		10:30 AM 538010	6:45 PM 538064		9 AM 538900 6:45 PM 538064
Jr. Guard		11:15 AM 533115		6:45 PM 533645	

Pleasant Glade Pool

Mom/Dad & Me (1 week classes Parent assists child while in the water. For fees more info, see page 30.)

Jun. 1-4	Jun. 8-11	Jun. 15-18	Jun. 22-25	Jun. 29-Jul. 2	Jul. 6-9	Jul. 13-16	Jul. 20-23	Jul. 27-30	Aug. 3-6	Aug. 10-13
6 PM 520600-0A	10:30 AM 520103-1A	6:45 PM 520645-1B	9:45 AM 520945-2A	5:15 PM 520515-2B	9 AM 520900-3A	6:45 PM 520645-3B	10:30 AM 520103-4A	5:15 PM 520515-4B	10:30 AM 520103-5A	6:45 PM 520645-5B
6:45 PM 520645-0A	6:45 PM 520645-1A									

Level	Session 11 Jun. 8-18	Session 12 Jun. 22-Jul. 2	Session 13 Jul. 6-16	Session 14 Jul. 20-30	Session 15 Aug 3-13
Water Tots	9:45 AM 520095 11:15 AM 520011 5:15 PM 520051 6 PM 520060	9 AM 520090 5:15 PM 520051 6 PM 520060	10:30 AM 520013 5:15 PM 520051 6 PM 520060	9:45 AM 520095 11:15 AM 520011 6 PM 520060	9 AM 520090 5:15 PM 520051 6 PM 520060
Semi-Private Preschool	9:45 AM 529094 10:30 AM 529010 6 PM 529600	9:45 AM 529094 11:15 AM 529011 6 PM 529600	9:45 AM 529094 11:15 AM 529011 6 PM 529600	9 AM 529090 10:30 AM 529010 6 PM 529600	9:45 AM 529094 6 PM 529600
Semi-Private Levels 1-2	9 AM 521090 10:30 AM 521010 5:15 PM 521051 6 PM 521600	9:45 AM 521094 10:30 AM 521010 6 PM 521600	9:45 AM 521094 10:30 AM 521010 6 PM 521600	9 AM 521090 11:15 AM 521011 6 PM 521600	9 AM 521090 6 PM 521600
Semi-Private Levels 3-4	9:45 AM 522094 11:15 AM 522011 5:15 PM 522551 6 PM 522660	9:45 AM 522094 11:15 AM 522011 6 PM 522660	9:45 AM 522094 11:15 AM 522011 6 PM 522660	9:45 AM 522094 10:30 AM 522100 6 PM 522660	9:45 AM 522094 6 PM 522660
Semi-Private Levels 5-6	9:45 AM 527945 6 PM 527600	9:45 AM 527945 6 PM 527600	5:15 PM 527515 6 PM 527600	9:45 AM 527945 6 PM 527600	9 AM 527900 6 PM 527600
Preschool I	11:15 AM 529111 5:15 PM 529051 6:45 PM 529064	9 AM 529900 10:30 AM 529103 5:15 PM 529051 6:45 PM 529064	11:15 AM 529111	11:15 AM 529111	10:30 AM 529103 6:45 PM 529064
Preschool II	9 AM 528900	10:30 AM 528103 6:45 PM 528645	9:45 AM 528945 5:15 PM 528515 6:45 PM 528645	5:15 PM 528515	11:15 AM 528111
Level 1	9 AM 521900 11:15 AM 521111 5:15 PM 521515 6:45 PM 521064	10:30 AM 521103 11:15 PM 521111 6:45 PM 521064	9 AM 521900 5:15 PM 521515	10:30 AM 521103 6:45 PM 521064	10:30 AM 521103 6:45 PM 521064
Level 2	9:45 AM 522945 10:30 AM 522103 5:15 PM 522515 6:45 PM 522064	10:30 AM 522103 5:15 PM 522515 6:45 PM 522064	9 AM 522900 10:30 AM 522103 6:45 PM 522064	9 AM 522900 10:30 AM 522103 5:15 PM 522515	11:15 AM 522111 6:45 PM 522064
Level 3	10:30 AM 523103 11:15 PM 523111 5:15 PM 523515 6:45 PM 523645	11:15 PM 523111 5:15 PM 523515	5:15 PM 523515 6:45 PM 523645	11:15 PM 523111 5:15 PM 523515	5:15 PM 523515
Level 4	9 AM 524900	11:15 AM 524111 5:15 PM 524515	9:45 AM 524945 11:15 AM 524111 5:15 PM 524515	10:30 AM 524103 6:45 PM 524645	10:30 AM 524103 5:15 PM 524515
Level 5	9 AM 525900	6:45 PM 525645	10:30 AM 525103 6:45 PM 525645	9 AM 525900 6 PM 525600	11:15 AM 525111 6:45 PM 525645
Level 6			10:30 AM 526103 5:15 PM 526515	9 AM 526900 6 PM 526600	10:30 AM 526103 5:15 PM 526515
Jr. Guard		9 AM 534900		6:45 PM 534645	9:45 AM 534945

Aquatics



Special Events

Event	Days	Time	Admission	
Bahama Blast (Dove Pool only)	Jun. 26	7:30-9:30 PM	\$5	Enjoy your favorite island activities. Bring your grass skirt and drift off to an evening in paradise.
Father's Day	Jun. 21	1-6 PM	\$1.50	FREE for fathers accompanied by their child.
Mother's Day	Jul. 19	1-6 PM	\$1.50	FREE for mothers accompanied by their child.
Dive-in Movie (Pleasant Glade Pool only)	Aug. 1	8-10:30 PM	\$5	Float away with movie magic or splash around with friends while enjoying the show on our outdoor big screen.
Doggie Dive-In	Sept. 12	10 AM-2 PM	\$5/dog	Bring your dog for a dive! Must register in advance. Please see page 44 for more information.

All special events will be held at both Aquatics facilities, unless otherwise noted.

Aquatic Fitness

Deep Water Dynamics

This program offers you overall aerobic fitness, endurance, flexibility and promotes muscle strength. Flotation noodles are provided. Minimal swimming skills and water comfort are needed, you have the option of doing this class in the shallow end of the pool. For all fitness levels.

Water Aerobics/Wellness & Weight Management

Increase flexibility, range of motion and metabolic rate with water exercise. Help eliminate extra pounds, improve knee and back issues. Learn how to energize and maximize your health in a fun environment. Strength training and abdominal work are included in this workout. For all fitness levels. Swimming skills not necessary.

Aqua Pilates/Power Sculpting

Enjoy the benefits of Pilates in the comfort of the water. Elongate muscles, strengthen your core, power walking and sculpting. Focus on abs, thighs, upper body, balance, flexibility and posture. For all fitness levels. Swimming skills not necessary.

Aquatic Boot Camp-NEW

Train like an U.S. Army Deep Sea Diver! This class is a high intensity work out that will challenge and test each individual's ability to push themselves to the limit in and out of the water. Participants should be somewhat comfortable in the water and an intermediate level swimmer. Becoming progressively more difficult, participants will experience exercise such as pool sprints, treading water with and without weights, fins-on swimming and land exercises. Do you think you have what it takes? Hooyah!

Site: Dove Pool

Sessions: I- Jun. 2-Jun. 27 II- Jul. 7-Aug. 1

Dates/Time: Tue./Thur. 6-7 AM – Sat. 9-10 AM

Fee: \$180

Class Code: 513091

Classes offered at Dove Pool

Class	Time	Session Dates	Days	Fees	Code
Water Aerobics	8-8:50 AM	20: (5 wks.) Jun. 8-Jul. 8	M, W	\$40	533008
	8-8:50 AM	21: (5 wks.) Jul. 13-Aug. 12	M,W	\$40	533008
Aqua Pilates	8-8:45 AM	20: Jun. 6-Aug. 15	Saturdays	\$50	533009

Classes offered at Pleasant Glade Pool

Class	Time	Session Dates	Days	Fees	Code
Deep Water	6-6:50 PM	20: (5 wks.) Jun. 8-Jul. 8	M, W	\$40	532630
Dynamics	6-6:50 PM	21: (5 wks.) Jul. 13-Aug. 12	M,W	\$40	532630
Water Aerobics	6-6:50 PM	20: (5 wks.) Jun. 9-Jul. 9	T, Th	\$40	530263
	6-6:50 PM	21: (5 wks.) Jul. 14-Aug. 13	T, Th	\$40	530263
Combination	6-6:50 PM	20: (5 wks.) Jun. 8-Jul. 9	M-Th	\$69	534630
(Both Classes)	6-6:50 PM	21: (5 wks.) Jul. 13-Aug. 13	M-Th	\$69	534630

Bev Gamon and her staff return for another summer of aquatic fitness. Call Bev at 817.649.SWIM for additional information.



Botanical Gardens



Children's Programs (All classes will be taught by the Grapevine Garden Club.)

Plant Parts We Eat

A plant has many different parts that work together. Learn what the parts are and what those parts do, and which parts we eat. This session includes an edible activity, story time and music.

Site: Grapevine Botanical Gardens Educational Pavilion

Ages: 3-6 (maximum of 15)

Day/Date/Time: Thur., Feb. 19, 4-4:30 PM

Class Code/Fees: 304705-03 / \$5

Seed Science (Plant Growth & Development)

Builds on skills learned from PLANT PARTS WE EAT class. Learn the parts of a seed, and how it develops. Plant the seeds and take them home. This session includes a story time, and a take home garden activity.

Site: Grapevine Botanical Gardens Educational Pavilion

Ages: 3-6 (maximum of 15)

Day/Date/Time: Thur., Mar. 19, 4-4:30 PM

Class Code/Fees: 304706-03 / \$5

The Great Cover Up

There are insects all around that you might not see. Learn how insects camouflage themselves. Many plants and animals use camouflage to hide.

This session includes a story time and a craft activity.

Site: Grapevine Botanical Gardens Educational Pavilion

Ages: 3-6 (maximum of 15)

Day/Date/Time: Thur., Apr. 16, 4-4:30 PM

Class Code/Fees: 304707-04 / \$5

Insect Lifecycles

Have you changed since you were born? Insects grow and change in cycles. Learn about the growth process called metamorphosis. This session includes a story time and craft activity.

Site: Grapevine Botanical Gardens Educational Pavilion

Ages: 3-6 (maximum of 15)

Day/Date/Time: Thur., May 21, 4-4:30 PM

Class Code/Fees: 304708-04 / \$5

Amateur Photographers Photo Contest

Be a part of the Parks and Recreation Department's inaugural Botanical Garden Photography Contest.

The following age groups will be used to determine prizes: children 5-10, youth 11-18, adults 19-54, and seniors 55 and up. Photographs must be taken in and of the Botanical Gardens located at 411 Ball Street. No models, persons, or props may be used.

Once registered for the program, a packet will be mailed containing contest rules, brochures, release form, and a photography badge which will allow unlimited access to the garden, except during scheduled events. Photo sizes accepted for this contest are 8X10 and 11X14. All entries must be postmarked/received at the Community Activities Center (1175 Municipal Way) no later than 5 PM on Monday, July 27. The awards reception will be held Saturday, August 15 from 2 PM-4 PM with the winners being announced at 3 PM. All submitted entries become the property of the City of Grapevine.

Only one entry per amateur photographer will be allowed. Please contact Geri for more information at gfooster@grapevinetexas.gov

Fee: \$10 per person

Code: 304704-01

Grapevine Garden Club and Tarrant County Master Gardeners will be available on site most Saturdays from 10 AM to 12 PM to answer your gardening questions. Drop by and visit.

To schedule Docent guided tours or Adventure Tours, please call 817.410.3350. Adventure Tours include an educational activity that can be coordinated to supplement specific studies, or achievement programs.



Grapevine Rental Facilities

The Parks and Recreation Department offers pavilions and meeting rooms to its citizens for meetings and/or events. There is a minimal charge for the rental of the Bessie Mitchell House and the Merlot Community Room and you must be a Grapevine resident/Grapevine Business Owner to reserve one of these two facilities. Non-Grapevine residents may reserve the Trawick Pavilion, Jackson Pavilion, Parr Park Pavilion, Dove Park pavilions, Pickering Park Pavilion and Bear Creek Park Pavilion.

Jackson Pavilion-3501 Pavilion Place

This facility is on the north side of Grapevine Lake in Rockledge Park. The pavilion is ideal for large corporate gatherings or family reunions. The pavilion seats up to 260 people and has a horseshoe pit and a basketball goal. Grills are available on site for use. Open space is available for games or other entertainment. Restrooms are available on site.



Parr Park Pavilion-3010 Parr Lane

This pavilion is located in the beautiful surroundings of Parr Park in a neighborhood off of Hall-Johnson Road in South Grapevine. The pavilion will seat group up to 80 people. Open fields are available on a first come first served basis. There is a playground located next to the pavilion. Grills in the park are available for use.

Bear Creek Park Pavilion-3230 S. State Highway 360

This pavilion is located in a beautifully wooded park in South Grapevine off of Highway 360. The pavilion is next to a playground, restrooms and 2 baseball/softball fields. This pavilion can accommodate groups up to 40 people. There is a disc golf course nearby.



For more information regarding rental facilities, see page 47 or visit www.gvpard.com

To reserve a facility, please dial 817.410.3470.

Grapevine Rental Facilities

Bessie Mitchell House-411 Ball Street

This facility is ideal for meetings, family reunions and/or small parties. The Mitchell House is equipped with a small kitchen, a refrigerator, ice maker and microwave. Tables and chairs are also available. This facility is fully handicapped accessible. Parking is available for 35 vehicles (maximum); therefore, this facility is ideal for small groups.



Dove Park Pavilions-1509 Hood Lane

Two picnic pavilions are located in Dove Park in North Grapevine. The North Pavilion is equipped with picnic tables to accommodate up to 48 people. The South Pavilion, located near Casey's Clubhouse playground, is equipped with picnic tables to accommodate up to 24 people. Both pavilions are convenient to Dove Pool.

Trawick Pavilion-2700 Darren G. Medlin Trail

Located in Oak Grove Park on Lake Grapevine, this pavilion is ideal for large family and/or corporate gatherings. The pavilion seats up to 260 people and has two large barbecue grills. Open space is available for games or other entertainment. Restrooms are within short walking distance.



GRAPEVINE

Senior Activities Center

421 Church Street • 817.410.8130 • Fax 817.410.8147



Welcome 55+: The Grapevine Senior Activities Center is supported by the City of Grapevine and is open to any senior, age 55 and over.

Hours Of Operation: Monday-Friday: 8 AM-3 PM • First Saturday Dance: 7-9:30 PM

Transportation

The Senior Activities Center provides transportation for Grapevine residents to and from the Center Monday through Friday. Also provided and scheduled by the Center are opportunities for transportation to the bank, post office, grocery shopping, mall shopping and various Center activities and special events. Daily transportation reservations are required by 2 PM the preceding day.

Lunch

Senior Citizen Services of Greater Tarrant County, Inc. provides hot lunches that supply one-third of the RDA at 12 noon, Monday through Friday. For those under 60, the cost of the meal is \$6. For those 60+ and their spouse, the meal is available for a suggested contribution of \$2. Reservations are required 24 hours in advance.

Health and Nutrition Education

Blood pressure checks and educational programs provided by health care professionals. Flu shots offered once in October and once in November, as available.

SeniorMovers

This volunteer-based program assists with the medical and dental transportation needs of the local Senior population. Riders must be pre-registered, give 48 hours notice of need and require very minimal assistance. For information about this program, please call 817.410.8130.

NETS

The Northeast Transportation Service is operated by the Red Cross for seniors 60 and over, the disabled and/or the transportation disadvantaged. Call NETS at 817.336.8714.

Project Cell Phone-911

This project places donated, useable, deactivated cellular phones into the hands of Seniors to be used, at no charge, for emergencies only. Cell phones and their chargers may be donated and/or Seniors may pick up a cell phone at the Senior Activities Center.

Volunteers

There are many opportunities available to teach classes, provide transportation for medical needs and much more. For more information, please call 817.410.8130.

Field Trips

Supper Club, Culture Club, Museums, Plays, Concerts, Exhibits, Festivals, Shopping, Mall Walking, Early Voting and more are offered. For more information, please call 817.410.8130.

Special Events

Dances, Holiday Celebrations, Tournaments, Income Tax Preparation Assistance, Benefits Counseling and more!

Grapevine Senior Citizens Advisory Board

This City Council-appointed Board meets the first Tuesday of each even-numbered month at 3:30 PM to address senior issues in our community. This is an open meeting. Changes or cancellations will be posted on www.grapevinetexas.gov.

GRAPEVINE

Senior Activities Center



CLASS/ACTIVITY	DAY/TIME
AARP Defensive Driving (registration required)	As scheduled/2 days at 1-5 PM
AARP Income Tax Assistance (Feb. 4– Apr. 15, 2009)	Wednesdays, 9 AM-2 PM
Advisory Council	First Wednesday at 10:30 AM
Advisory Council Participants Meeting	Following day at 12:30 PM
Band Dances (Fee: \$5 per person)	First Saturday of each month at 7-9:30 PM
Bank and Post Office Transportation	First week of each month
Bingo	Tuesdays at 12:45 PM
Birthday Party (reservations required)	First Tuesday of each month at 11:45 AM
Blood Pressure Checks	Tuesdays at 10 AM
Bowling	Tuesdays at 10:30 AM
Ceramics (Beginner I)	Thursdays at 10:30 AM
Ceramics (Beginner II)	Fridays at 10:30 AM
Ceramic Shopping	Time varies; call for schedule
Chair Exercise	Tuesday-Friday at 9:30 AM
Chorus (call for details)	Thursdays at 10:30 AM
Computers (must pre-register)	Registration: Mar. 9, Aug. 3
Crafts	Mondays at 10:30 AM
Needlepoint/Embroidery	Tuesdays at 10:30 AM
Grapevine Opry Tickets	Fourth Friday of each month
Grapevine Shopping (Wal-Mart, Target, etc.)	Wednesdays at 9:45 AM
Grocery Shopping	Wednesdays at 12:45 PM
Hot Breakfast (reservations required – \$3)	Second Wednesday of each month at 8-9:30 AM
Mall Shopping	First Monday of each month at 12:40 PM
Memory Books Class	Thursdays at 12:45 PM
Nutrition Education	Time varies; call for schedule
Oil Painting	Tuesdays at 10 AM-12 PM
Ping-Pong	Fridays at 12:45-3 PM
Potluck and Movie Night	Fourth Tuesday at 5 PM March-October
Quilting	Wednesdays at 10 AM
Water Aerobics (Jun. 2-Aug. 20)	Tuesdays & Thursdays at 8-8:45 AM
SilverSneakers®	Monday & Wednesday at 1 PM, Friday at 11 AM
SCS Hot Lunches (reservations required; suggested contribution \$2)	Monday-Friday at 12 noon
Strength Training (Fee: \$10 per month)	Mondays & Wednesdays at 11 AM
Supper Club (location varies)	Fourth Saturday of each month (time varies)
Table Games (Bridge, Dominoes, Pinochle, Pool)	Monday-Friday at 8 AM-3 PM excluding Tuesday afternoon
T'ai Chi	Mondays & Fridays at 9:50 AM
Walking	Tue., Thur., Fri. at 9:45 AM; Mon. at 12:45 PM



Senior Adult Programs

6th Annual Mother-Daughter Fashion Show and Luncheon

If you are 55 and older and would like to participate, please call 817.410.8130 for more information. Reservations required.

Day: Sat., Apr. 18

Time: 11 AM-2 PM

Water Aerobics-FREE

(Donations accepted)

Site: Dove Pool

Days: Tue., Thur.

Dates/Time: Jun. 2-Aug. 20/8-8:45 AM

Dance Bands

Gary Lee Orchestra: Feb. 7, May 2, Aug. 8

Borderline: Mar. 7, Jul. 11

Classic Country: Apr. 4, Aug. 29

Pete & Patti: Jun. 6

Time: 7-9:30 PM

Cost: \$5/person

Culture Club

Teaming with Artreach, we offer a variety of trips to symphonies, plays, musicals and concerts. Become a member any time.

Annual Membership:

Jun. 1, 2008-May 31, 2009

Fee: \$10 per year

Additional Info: Due to popularity, this is limited to Grapevine residents only.

Senior Golf Tournament

Date/Time: Thur., Apr. 16/ 7:30 AM

Location: Grapevine Municipal Golf Course

Min: 20

Fee: \$55 includes fees, cart, lunch & prizes

Registration Deadline: Apr. 6

T'ai Chi-FREE

No-impact exercise combining gentle, fluid movements and thoughtful concentration to create the total mind, body and spirit workout.

Day/Time: Mon. & Fri., 9:50 AM

Oil Painting-FREE

Designed for the novice as well as the advanced artist. Work on independent projects and receive guidance from a qualified teacher.

Day/Time: Tue., 10 AM

Camp Wrinkle Ranch

Three days of camp fun, exciting adventure and wonderful food experiences!

Dates: Jun. 1, 2, 3

Time: 9 AM-2 PM

Fee: \$85

Min/Max: 12/23

Computer Classes

Many topics are covered in classes for the beginner to the advanced.

Registration: Mar. 9, Aug. 3

Walk-Ins: 9 AM-12 PM

Call-Ins: 1-2 PM

AARP Tax Aide

AARP certified tax aides help with income tax preparation by appointment only.

Day/Time: Wednesdays

Feb. 4-Apr. 15

9 AM-2 PM

Friends Of The Grapevine Senior Activities Center (FOGSAC)

Tax deductible donations for this 501(c)3 corporation are used to improve technology, to supplement recurring programs and to further educational opportunities for seniors in the area. For more information please call 817.410.8130.

Bowling

Join a bowling-for-fun, non-league group. Meet at the SAC; transportation provided to and from Showplace Lanes. Usually 2-3 games are played.

Day/Time: Tue., 10:30 AM-1 PM

Cost: \$2.10/game

"Are You Ok?" Program

The "Are You Ok?" Program is an electronic reassurance system. It was implemented to assist the elderly, handicapped, homebound and/or anyone who needs to be checked on, on a daily basis to help guarantee their well being and safety. It allows you to register with the Grapevine Police Department to receive a telephone call at your residence electronically at a predetermined time everyday. If there is no answer, the computer will make a second attempt. If there is still no answer, the computer alerts the police. A police officer is dispatched to the residence to check on the welfare of the subscriber.

There is no charge for this service. If you wish to enroll in this program, please contact the Grapevine Police Department Community Relations Division at 817.410.3209.

Newsletter: The Grape Affair

Grapevine residents age 55 or older who would like to receive the monthly newsletter, may call 817.410.8130. If you are currently receiving the newsletter and would prefer not to, please call and let us know.



Special Events



Daddy/Daughter Dance- An Evening in Wonderland

Don't be late for this very important date. Dads and their daughters will experience a magical evening of extravagant sights and sounds on a fantastic journey to Wonderland. Our annual Daddy/Daughter Dance is a fabulous evening filled with dancing, food, limo rides, carriage rides, crafts, fun photo opportunities and more. Meet Alice and some of her friends from the classic tale. Guaranteed to be a memorable event for you and that special "little" lady in your life. Tickets go on sale January 4. Tickets are available at the Community Activities Center or by calling 817.410.3450. Space is limited and the event does sell out. Tickets will not be sold at the door.

Site: Community Activities Center

Day: Sat., Feb. 7, 2009

Fee: \$12/person on or before Feb. 1; \$15/person after Feb. 1

Ages/Time/Code: Daughters 0-7 yrs./4-6 PM/709752-7A

Daughters 8 yrs. & up/7-9 PM/709752-7B

Dads, if you have daughters in both age groups, you may select either time slot to attend with your daughters.

Cast for Catfish-FREE

Cast your line into the lake in front of The Church at the Cross for a morning of fishing! Two lakes will be stocked with 500 lbs. of adult-sized catfish to give children 16 and under the opportunity to catch the "big one." Prizes will be awarded to the top fishermen in each age category. Bring your own fishing gear or gear will be provided for you. Refreshments will also be provided.

Site: The Church at the Cross/Memorial Baptist, 3000 William D. Tate Ave.

Day/Time: Sat., Mar. 28

Time: 8 AM-11 AM



Outdoor Kids Adventure Day-FREE

Meadowmere Park—FREE Family Fun! Join Grapevine Parks and Recreation for a day of adventure and fun on Lake Grapevine. Learn new outdoor skills including fishing, kayaking, rock climbing, mountain biking, archery, and more! It's FREE and all equipment is provided. Please call 817.410.3470 for more information.

Days/Time: Sat., Apr. 25, 2009-9 AM-5 PM

34th Annual Easter Egg Hunt-FREE

Mr. and Mrs. Bunny will be hiding thousands of eggs at the City's annual egg hunt. A couple of special eggs, that have tickets for prizes, will be hidden in each age group. Other free activities will include: face painting, popcorn and more! Bring your camera and have your photo taken with the Easter Bunny.

Site: Grapevine High School practice fields (off of Hwy. 26)

Egg Hunt Divisions: 0-3, 4-5, 6-8, 9-11

Day/Time: Saturday, Apr. 4, 10 AM sharp

Additional Information: In the event of rain, the festivities will be rescheduled for Apr. 11, 10 AM.

Breakfast with the Easter Bunny

Kick-start your Easter celebration, with the City's annual Breakfast with the Easter Bunny at the Community Activities Center. The whole family will enjoy a hearty & hot breakfast, Easter crafts, a bounce house and an indoor egg hunt. Bring your camera to capture your special moment with Mr. & Mrs. Bunny.

Site: Community Activities Center

Ages: All ages

Day/Time: Sat, Apr. 4, 7:30-9 AM

Fee: \$7/person, children under 2 are free

Class Code: 709710-03

Registration deadline: Apr. 1

Keep Grapevine Beautiful Community Clean-Up

Join us as we beautify, recycle and come together to create a Greener, Cleaner, Grapevine! Register at one of two locations, Dove Park or Parr Park.

A free picnic will follow the event for all participants with lunch and live entertainment from 11 AM-1 PM.

Date: Saturday, March 7, 2009

Registration time: 8-10 AM

Registration locations: Dove Park-1509 Hood Lane
Parr Park-3010 Parr Lane

Please wear closed toe shoes, and bring sunscreen and bottled water. We will provide all other materials for this fun-filled day. To save time, you may preregister at kgvb.org or by calling 817.410.3490.



Grapevine Fire Department Citizens Fire Academy

The Grapevine Fire Department conducts a "Citizen Fire Academy" in the Spring of each year. In the Academy, recruits (citizens) experience the scope and detail of the Grapevine fire and emergency medical services. The Citizens Fire Academy consists of classroom sessions where recruits learn the history and organization of the Grapevine Fire Department, as well as sessions of hands-on participation with rescue tools, hose lines and fire extinguishers.

The highlight of the Academy is a Saturday trip to a fire training facility. Recruits experience what it is like to go into a building on fire (full protective gear provided), see the stages of fire, watch fire fighters in action and actually perform a search for victims with the thermal imaging cameras. After a mandatory orientation, a recruit may participate in the Fire Department's Ride-Along program, which allows them to ride on fire engines and ambulances to actual emergency incidents. Academy recruits are able to observe fire fighters as they work to save lives and property. Recruits also experience fire station life as they cook, eat and clean alongside career fire fighters. From station personnel all the way up to the Fire Chief, the men and women of GFD will share their knowledge and experiences.

It will start on Feb. 12, 2009 and go for 12 weeks. The class begins at 7 pm and ends at 9 pm on Thursday nights, and one Saturday. It is free for anyone who lives or works in Grapevine.

Interested citizens of Grapevine, over the age of 21, must complete an application which are available at Fire Station #1, 601 Boyd Drive (In Fire Admin.) Any questions, please call 817.410.8100. Applications need to be in by Feb. 1, 2009.

For more information, please contact Division Chief Mark Ashmead at 817.410.8100 or e-mail marka@grapevinetexas.gov.

The Vineyards Campground & Cabins on Lake Grapevine-Now with Wi-Fi!

The Vineyards Campground & Cabins offers ten (10) courtesy boat docks, RV sites, pavilion, cabins, water, and electrical to all sites. Enjoy our other amenities such as laundry room/restroom, improved landscaping and signage. Look for further additions to the campground this summer. We offer fully stocked 2 bedroom cabins, some with bunkbeds and one handicapped accessible. Please visit www.vineyardscampground.com to make reservations or call 817.329.8993.

Meadowmere Park (Grapevine) offers primitive camping. This park is also located on the shores of Lake Grapevine. Please call the campground office at 817.488.5272 to make reservations.

Lake Grapevine Boat Ramp Passes are sold at The Vineyards Campground & Cabins office, 1501 N. Dooley Street, Grapevine, Texas 76051.

Doggie Dive-In

Back by popular demand. Bring your dog for a dive at the 2nd Annual Doggie Dive-In. Join other playful pooches at their very own pool party! Play around with your pup in the kiddie pool or let them show off their swimming and diving skills in the competition pool. Participate in one or more of the fun and exciting contests including distance diving, swimming contest and the fabulous swimsuit competition. Enjoy "doggie designed" treats and much, much more. Advanced registration suggested. Proof of vaccination required. Registration begins Feb. 1 for Grapevine residents and Apr. 18 for non-residents. 2 dogs per person allowed. Space is limited.

Site: Pleasant Glade Pool

Date: Sept. 12, 2009

Time: 10 AM-2 PM

Fee: \$5/dog

Class Code: 509700-06

Volunteerism in Grapevine

Volunteer projects include Daddy Daughter Dance, Outdoor Kids Adventure Day, Halloween on Main Street and more. For more information, please call 817.410.3490.

Special Events



5th Annual Chocolate Festival

Mar. 13 & 14, 2009 (Historic Downtown Grapevine)

Celebrate all things chocolate at this event benefiting Traveler's Aid Dallas/Fort Worth Airport. Start with "An Evening of Chocolate & Wine"-chocolates, wine tasting, live entertainment and hors d'oeuvres, Friday, Mar. 13, La Buena Vida Vineyards – Grapevine, 416 E. College St. Tickets are \$35 in advance and \$40 at the door from 7-10 PM. Then on Saturday, Mar. 14, the festivities continue with "A Day of Chocolate and Art"-chocolates, cooking demonstrations, live entertainment and art exhibits & sales. This takes place at the Lancaster Theatre Center, 300 S. Main St. from 11 AM-3 PM tickets are \$15.

Day Out with Thomas™

Mar. 27, 28 & 29, Apr. 3, 4 & 5, 2009 (705 S. Main Street, Grapevine)

Children from all around gather to witness the Grapevine Vintage Railroad transform into Thomas the Tank Engine. The event features 25-minute rides on the classic storybook engine, Sir Topham Hat, storytelling, video viewing, live music, an arts and crafts area, temporary tattoos, and a retail area. Hours: 8 AM until 7 PM each day at Grapevine's Cotton Belt Depot (705 S. Main Street). For more information, visit www.GVRR.com or call 817.410.3123.

17th Annual Blessing of the Vines and New Vintage Wine & Gallery Trail

presented by Park Place Motorcars Bedford

Apr. 17 & 18, 2009 (multiple locations in Grapevine)

The 17th Annual Blessing of the Vines and New Vintage Wine & Gallery Trail celebrates the release of the new Texas vintages. Wine aficionados will not want to miss this unique celebration, including the Jazz Wine Train and Blessing of the Vines. Begin this festive weekend with a ride on the Grapevine Vintage Railroad's Jazz Wine Train on Friday and Saturday, Apr. 17 and 18 from the Cotton Belt Depot (705 S. Main Street). On Saturday, Apr. 18, start the day at Delaney Vineyards as hundreds of wine enthusiasts gather to take part in the Blessing of the Vines and Wines, a centuries-old European ceremony to ensure robust vines and savory grapes. The 17th Annual Wine & Gallery Trail officially opens at Noon. The New Vintage Wine Trail offers a memorable journey via complimentary shuttle to experience first-hand the unique winery tasting rooms of Grapevine and sample some of the finest wines produced in Texas. In addition, enjoy live music entertainment, sample fantastic foods, visit with the winemakers and then take a stroll through Grapevine's unique art galleries. For more information visit GrapevineTexasUSA.com or call 817.410.3185.

7th Annual Spring Into Nash Farm Event

Apr. 4, 2009, (Nash Farm, 626 Ball Street)

Bring the family for a fun-filled day out on the farm! The 7th Annual Spring Into Nash Farm will take place on Saturday, Apr. 4 from 10 AM-2 PM at the Historic Nash Farm at 626 Ball Street. Activities include stick pony barrel races, buckin' broncs, hayrides, petting zoo, pony rides, blacksmith demonstrations, arts & crafts, historic plowing demonstrations and more! For more information visit GrapevineTexasUSA.com or call 817.410.3185.

25th Annual Main Street Days Festival – An Outdoor Adventure

May 15, 16, & 17, 2009 (Historic Downtown Grapevine)

Mark your calendar now for Grapevine's 25th Annual Main Street Days – An Outdoor Adventure! Main Street Days will again showcase Grapevine's adventurous side and natural resources in 2009 through various outdoor and recreational activities. Festival guests will have the chance to watch and/or participate in scuba diving, BMX stunts, rock climbing, quad bungee jump, and a whole lot more. Back again this year will be the Lumberjack Show. Also throughout the weekend, watch gunfighters and non-stop entertainment. Traditional Main Street Days fun will delight all festival guests! Enjoy arts and crafts, street dances, exciting rides at the carnival, and excursions on the Grapevine Vintage Railroad. Enjoy delicious festival food, beverages, Texas and international wines. For more information visit GrapevineTexasUSA.com or call 817.410.3185.

27th Annual Fireworks Extravaganza over Lake Grapevine

Jul. 4, 2009

Find your spot and stake a claim near Lake Grapevine and watch the 27th Annual Fireworks Extravaganza! Fireworks start at 9:30 PM and are launched from Oak Grove Park. They can be viewed from any lakeside location as well as several other spots throughout Grapevine. Tune into KLUV, 98.7 FM for a simulcast of the show and enjoy great patriotic music as you watch the show! For more information visit GrapevineTexasUSA.com or call 817.410.3185.



Grapevine Market

Apr.-Oct., 2009 (Liberty Park)

The open-air, European-style outdoor market returns for its 4th year. You will find one-of-a-kind finds ranging from antiques, collectibles, fine art, handmade crafts, jewelry, homemade foods and more. The Grapevine Market is open each Thursday and Saturday from 9:30 AM-1:30 PM and is located in Liberty Park, across from City Hall. Following the market, experience the multitude of unique specialty shops, boutiques, restaurants and winery tasting rooms located throughout Historic Downtown Grapevine. For more information about the Grapevine Market, or for an application to participate, visit GrapevineTexasUSA.com or call 817.410.3185.

Movies at the Historic Palace Theatre

First Friday of the month, Feb.-Jun., 7:30 p.m.

(Palace Theatre, 300 S. Main St.)

Enjoy a classic movie in the Historic Palace Theatre. Bring the family and come watch some of your favorite films. Movies start at 7:50 PM Ticket prices are \$7.50 per person. Why not try dinner and a movie? Bring a same-day receipt from any Grapevine restaurant and get \$2.50 off movie admission. And remember, popcorn is always \$1 at the Palace! For more information, visit www.palace-theatre.com or call 817.410.3100.

Mar. 6-Silverado

Apr. 3-The Maltese Falcon

May 1-Spring, Summer, Fall, Winter . . . Spring

Jun. 5-Thoroughly Modern Millie

The Sound of Texas Music Series and Live Variety Shows

At the Historic Palace Arts Center

Enjoy a great concert with your friends and family in the Historic Palace Arts Center. For ticket information, prices and show information, visit www.palace-theatre.com or call 817.410.3100.

Feb. 13-Monte Montgomery and Band

Feb. 20-Paul Slavens and his Texclectic Band

Mar. 13-An Evening with Sara Hickman

Apr. 10-East Meets West: An Evening of Indian Music & Dance

May 8-Deep Blue Something

June 12-Edith's Follies III

Volunteer Opportunities Are Waiting For You!

Be a part of the team of volunteers who greet visitors at the Visitor Information Center (VIC) located in the Grapevine Cotton Belt Depot, 705 S. Main. The Depot is open seven days a week, so if you have a free day you'd like to work, the VIC has a place for you.

If you are interested in becoming a volunteer – get on board at the Depot! Please call 817.410.8136 for more information.

Community Activities Center

1175 Municipal Way • 817.410.3450

The Community Activities Center offers many leisure opportunities for the citizens of Grapevine through its amenities, programs and activities, promoting fitness, wellness and a higher quality of life. The Center offers two full-sized gymnasiums, two racquetball courts, a weight/cardiovascular room, locker rooms with showers, jogging track, class/meeting rooms and a game room. All family members five years of age and older must purchase yearly membership ID cards to use the Center. Before purchasing or renewing a resident or Grapevine business owner membership ID card, residents must provide proof of residency and business owners must provide a DBA certificate and documentation showing the business's physical address.

Facility Hours

Monday-Thursday 5:30 AM-10 PM
Friday 5:30 AM-7 PM
Saturday 9 AM-7 PM
Sunday 1-6 PM
Easter, Sun., Apr. 12 Closed
Memorial Day, Mon., May 25 9 AM-7 PM
Independence Day Closed

Gymnasiums

Drop-in Basketball/Volleyball will be available during designated times. Organized practices are not permitted (excluding reservations). During free play, junior or official size basketballs and official size volleyballs may be checked out with a membership ID at the front desk.

Get Fit Texas-NEW

The City of Grapevine is now affiliated with Texas Round-Up to promote health and fitness to the City of Grapevine. Texas Round-Up provides online tracking tools at no charge to citizens of Grapevine. **Residents will receive an online tracking system that will help you stay committed to your workouts.**

Racquetball

Drop-in play is on a first-come, first-served basis. Both North and South racquetball courts are available for one-hour reservations at \$4 per hour. The North court will be used as a challenge court during posted times.

Members may reserve courts in person or via phone (817.410.3450). Reservations must be made at least two hours in advance, but no more than two days in advance. Members must complete their first reservation before making another reservation.

Members 12 years of age and under must be with an adult on the court. Racquets, goggles and balls are available to check out at the front desk.

Annual Membership Fees

Grapevine Resident/Business Owner
. \$35 per year
Resident Family \$85 per year
Guest Pass, with member. \$5 daily
Only one guest per member, per visit.

Mandatory

(Children 9 yrs. of age and under must always be accompanied by an adult.)

Children's Activities Center

Quality supervision and activities for children. Age-appropriate, physical and intellectually stimulating activities will be offered. Parent must remain in the building. Reservations may be made 3 days in advance.

Hours: Mon.-Fri.

8:30 AM-12:30 PM

Ages: 3 mo.-6 yrs.

Fees: \$20/ten visits, CAC members & residents
\$30/ten visits, non-residents (advance reservations required).

Weight/Cardiovascular Room

The Grapevine Community Activities Center offers new Hoist weight equipment, functional trainer, free weight benches, a Smith machine, dumb bells, top-of-the-line Precor stationary bicycles, stair climbers, elliptical trainers and treadmills are available for use by individuals 16 years of age and older. Individuals 13-15 years of age may use the weight room if accompanied by an adult. All weight room users must complete a fitness orientation before using the equipment. Children age 12 and under are not allowed access to the fitness room. No sports bras, bare midriffs or any other clothing that exposes the torso will be allowed in the fitness room. Our Cardio Theater System is designed to enhance your exercise experience. Personal training is available. No outside personal trainers receiving compensation for services are permitted.

It is not necessary to be a member of the Community Activities Center to register for Parks & Recreation programs.

Awards to cities, state agencies, schools, social organizations, families and friends that have the highest participation per capita in their respective categories. The Governor's Challenge begins Jan. 1, 2009 and ends Apr. 18, 2009. For more information, please visit www.gvpard.com.



Policies

REGISTRATION FEES

Fees may be paid by cash, check, Mastercard, Visa, or money order at the time of registration. Please make checks payable to the City of Grapevine. Returned checks will be subject to a \$20 charge. All program fees are regulated according to the cost of the instructor, supplies and minimum class enrollment. Some programs may require additional fees or supplies. No programs are held on holidays recognized by Grapevine Parks and Recreation. All fees collected, support and finance these programs.

WAITING LIST

If the class/program you desire has already filled, staff will return your fee and keep your registration form. You will be notified if a space becomes available or a new class is formed. Program openings will be filled on a first-come, first-served basis from the waiting list.

Register Early!

REFUNDS

Your satisfaction is important to us! If you are not completely satisfied with your class, please notify us. The following are general guidelines for refunds:

- 1) A refund may be prorated dependent upon the date of the request. Refunds must be requested prior to the midpoint of that session.
- 2) All requests for refunds will be reviewed by staff.
- 3) A Refund Request Form must be completed in person or with a staff member via telephone. Forms may be obtained at the Community Activities Center.
- 4) Refunds will be refunded back to the credit card charged and applied to the household account for future use, or processed and a check returned. No cash refunds.

CANCELLATIONS

All programs must have a minimum number of participants in order to be conducted. If a program does not meet this minimum, no later than 48 hours prior to the program start date, the class may cancel/combine or make any revisions necessary. A full refund will be processed and mailed. Please allow 3-weeks for refund.

SPRING/SUMMER PLAYBOOK

The Spring/Summer Playbook will be mailed to Grapevine residents and businesses during the month of January. Additional copies of the Playbook are available at the Community Activities Center, City Hall, Library and the Chamber of Commerce.

PLAYER'S NOTICE

Participants must recognize that all classes/activities of a physical nature involve some risk, and by registering for a class/activity of this nature there is an assumption of risk by the participant. The City of Grapevine Parks & Recreation Department is dedicated to providing safe facilities and equipment for all participants, as well as qualified staff and instructors. Every effort is made to ensure the safety of the participants and to provide them with first-class leisure activities, facilities and parks. In the event of a serious accident or illness, it is the policy of the City of Grapevine to:

- 1) contact Grapevine Fire Department Emergency Services to perform first aid, and when necessary, recommend transportation to a hospital;
- 2) reach the parent and/or legal guardian as soon as the situation allows.

H.E.R.O.

FINANCIAL ASSISTANCE PROGRAM

The H.E.R.O. Assistance Program (Helping Everyone enjoy Recreational Opportunities) assists Grapevine citizens of all ages participate in city-sponsored recreation programs that they are unable to afford. Applicants may qualify for the program in various ways depending on household income. If you or someone you know might qualify and benefit from this program, please call 817.410.3470 for more information. (Donations to the program may be made on the Playbook registration page 40).

PARK FACILITY – RESERVATIONS

Grapevine residents and non-residents may reserve outdoor pavilions at Parr Park, Dove Park, Bear Creek Park and Pickering Park. Trawick Pavilion and Jackson Pavilion are on Lake Grapevine and accommodate large parties. For indoor facilities, the Bessie Mitchell Meeting Facility and Merlot Community Rooms are available for Grapevine residents and businesses only. For information on these facilities, please call 817.410.3470.

Prices are as follows:

Weddings at Botanical Gardens

\$400/3 hrs. (Grapevine residents only)

Parr Park Pavilion

(residents) \$70/3 hrs. (\$20 each additional hr.)

(non-residents) \$100/3 hrs. (\$25 each additional hr.)

Pickering Park Pavilion

(residents) \$70/3 hrs. (\$20 each additional hr.)

(non-residents) \$100/3 hrs. (\$25 each additional hr.)

Dove Park Pavilions

(residents) \$30/3 hrs. (\$10 each additional hr.)

(non-residents) \$40/3 hrs. (\$15 each additional hr.)

Bear Creek Pavilion

(residents) \$30/3 hrs. (\$10 each additional hr.)

(non-residents) \$40/3 hrs. (\$15 each additional hr.)

*Bessie Mitchell Facility

\$100/2 hr.

(Grapevine residents only) \$50 each additional hr.

*Merlot Community Room

\$25/hr.

*(min. 2 hrs.)

Trawick Pavilion (Grapevine residents)

\$300/day

(non-residents Mon.-Thur.) \$300/day

(non-residents Fri., Sat., Sun.) \$340/day

Jackson Pavilion (Grapevine residents)

\$300/day

(non-residents Mon.-Thur.) \$300/day

(non-residents Fri., Sat., Sun.) \$340/day

Grapevine residents (only) may reserve their wedding at the Botanical Gardens in Heritage Park. For more information, please call 817.410.3470.

For The Vineyards Campground on Lake Grapevine reservations, please call 817.329.8993.

* Rates subject to change per City Council approval.

ATHLETIC FACILITY RENTALS

Reservations must be made at least 48 hours in advance; for tournaments, 14 days in advance. All reservations are on a "first-come, first-served" basis, must be paid in full at time of reservation and are available in one hour increments. Call 817.410.3470 for reservations.

FEES:

Unlighted field	\$20/hr.
Unlighted rink	\$10/hr.
Lighted rink*	\$15/hr.
Lighted field*	
Softball, Baseball, Soccer**	\$25/hr.

TOURNAMENT:

Lighted or unlighted*	
Field/rink (8 AM-11 PM)	\$250/day

All rental facility fees are subject to change upon City Council approval.

817.410.3450

SESSION	REGISTRATION DATES		SESSION LENGTH	BEGINS WEEK OF
03	CAC Members/Residents:	Feb. 1-Feb. 14	6 wks.	Feb. 22
	Non-Residents:	Feb. 8-Feb. 14		
	(No Classes held Mar. 16-22)			
04	CAC Members/Residents:	Mar. 29-Apr. 11	6 wks.	Apr. 19
	Non-Residents:	Apr. 5-Apr. 11		
	(No Classes held May 25)			
05	CAC Members/Residents:	May 17-May 30	6 wks.	Jun. 7
	Non-Residents:	May 24-May 30		
	(No Classes held Jul. 4)			
06	CAC Members/Residents:	Jul. 5-Jul. 18	6 wks.	Jul. 26
	Non-Residents:	Jul. 12-Jul. 18		

E-Z "PLAYBOOK" CLASS REGISTRATION FORM

Mail-in registrations are not accepted for Center memberships and Jazzercise classes. No early registrations will be accepted.

Emergency Phone

E-mail Address

NAME OF PARTICIPANT	MALE/FEMALE	DOB (MM/DD/YY)	Class Title	Class Code	Session	Start Time	Fee
							\$
							\$
<input type="checkbox"/> Yes <input type="checkbox"/> No \$1 H.E.R.O. Program donation (see page 47 for more info)							\$
PAYMENT METHOD: <input type="checkbox"/> Mastercard <input type="checkbox"/> Visa <input type="checkbox"/> Check (Payable to "City of Grapevine") <input type="checkbox"/> Cash TOTAL							\$

[illegible]

Expiration Date _____

I do hereby release, absolve, indemnify, and hold harmless the City of Grapevine and its employees, activity officials, activity supervisors, any or all of them in the event of any accident, injury or death sustained by the above named participant(s) while being transported to or from an activity, or while participating in any activity, from any liability of any kind whatsoever. I also give permission for any photographs taken during these activities to be utilized for promotional uses by the PARD now and in the future. I, the parent or legal guardian of the above named participant, do hereby give my approval for participation in any and all of the program's activities.

Date _____

Please call 817.410.3450 if you require special accommodations to participate in the programs for which you are registering.

E-Z Registration

*Registrations will be processed on a first-come, first-served basis.
No early registration will be accepted. See registration dates on page 48.*

ON-LINE REGISTRATION is now available on-line at www.gvpard.com. You must have a user ID and password, which may be obtained at the Community Activities Center. Visa or MasterCard required for payment. Due to fee structure, some classes may not be available on-line. Due to fees not being discounted on-line, HERO recipients cannot register via the internet.

PHONE-IN REGISTRATION is available for households that have previously registered for Parks and Recreation programs and are therefore already in our computer system. Payment must be made with Visa or MasterCard. Memberships may not be processed over the phone. Please have your Playbook and credit card available to expedite registration. Please call 817.410.3450 for phone-in registrations.

FAX-IN REGISTRATION Please fax completed registration form to 817.410.3095. Include Visa or MasterCard number and expiration date. Available 24 hours a day. Please call 817.410.3470 for confirmation that fax was received.

DROP-OFF REGISTRATION Is available 24 hours a day in the Community Activities Center drop box, located to the left of the front doors. Include registration form and payment in a sealed envelope marked "Playbook." Registrations will be processed the following business day.

MAIL-IN REGISTRATION must be received prior to the last day of registration unless otherwise stated. Please mail the completed registration form and payment to:

"Playbook"

P.O. Box 95104 • Grapevine, TX 76099

WALK-IN REGISTRATION will be accepted at the Community Activities Center. See page 46 for hours of operation. (See "Drop-Off" instructions for your convenience.)

PARKS:

911 Plaza
Austin Oaks Park
Banyan Park
Bear Creek Park
Bellaire Park
Big Bear Creek Nature Preserve
Cannon Elementary
C. J. Hutchins Park
Cluck Park
Community Activities Center
Convention Center/ Library
Cross Timbers Middle School
Dove Park & Pool
Dove Crossing Park
Dove Elementary
Faith Christian
Glade Crossing Park
Glade Landing Park
Hazy Meadows Park
Heritage Center
Heritage Park
Heritage Elementary
Highpoint Park
Horseshoe Trails Park
In-Line Hockey Facility
Jackson Pavilion
Liberty Park
Meadowmere Park
Oak Grove Ballfield Complex
Oak Grove Soccer Complex
Oak Grove Softball Complex
Oak Ridge Park
Parkwood Park
Parr Park
Pecan Park
Pickering Park
Pleasant Glade Pool
Senior Activities Center
Shadow Glen Park
Silverlake Elementary
Sunshine Harbor Park
Trawick Pavilion
Timberline Elementary
Town Square
The Vineyards Campground
Wall-Farrar Park
Yorkshire Meadows Park

ADDRESSES:

2 Texan Trail
528 Austin Creek Drive
350 Banyan Drive
3230 S. State Hwy 360
1004 Pine Street
3010 Parr Lane
1300 W. College
1201 Cable Creek Drive
312 Central Drive
1175 Municipal Way
1201 Municipal Way
2301 Pool Road
1509 Hood Lane
1701 Stoneway Drive
1932 Dove Road
730 E. Worth
512 Westbury Drive
5201 Brettenmeadow Drive
4300 Hazy Meadows Drive
701 S. Main Street
200 Ball Street
4500 Heritage Road
4121 Freeport Parkway
2099 Hood Lane
240 E. Nash
3501 Pavilion Place
215 S. Main Street
3000 Meadowmere Lane
2520 Oak Grove Loop South
1299 Oak Grove Loop North
2700 Dove Loop Road
2701 Thorn Lane
1901 Woodcreek Drive
3010 Parr Lane
4200 Halmont Drive
1901 Kimball Road
1805 Hall-Johnson
421 S. Church Street
1815 Altacrest Drive
1351 N. Dooley
821 Dawn Lane
2700 Darren G. Medlin Trail
3220 Timberline Road
325 S. Main Street
1501 N. Dooley Street
W.D. Tate & State Hwy 360
2710 Whitby Lane

Program Index

ADULT SPORTS

Flag Football	Page 23
Indoor Volleyball	Page 23
Men's Basketball	Page 24
Sand Volleyball	Page 23
Softball	Page 23
Ultimate Frisbee	Page 24

AQUATICS PROGRAMS

Aquatic Fitness	Page 35
Swim Team	Page 32
Swimming Lessons	Pages 30-34
Open Swim Schedule	Page 29
Training and Certification	Page 32

BOTANICAL GARDENS

Insect Lifecycles	Page 36
Plant Parts We Eat	Page 36
Seed Science	Page 36
The Great Cover Up	Page 36

FINE ARTS

Advanced Art Class	Page 14
Advanced Guitar Instruction	Page 14
Beginning Guitar Instruction	Page 14
Drawing & Pastels	Page 14
Intermediate Guitar Instruction	Page 14

HEALTH & FITNESS

AIISTAR Fit for Life	Page 13
AIISTAR Kids	Page 13
Boot Camp Jump Start	Page 12
Circuit Training Jazzercise	Page 10
Fencing	Page 11
Hatha Yoga	Page 13
Indoor Cycling	Page 12
Jazzercise	Page 10
Junior Jazzercise	Page 10
Karate	Page 11
Kendo & Iaido	Page 11
Massage Therapy	Page 13
Men's Pickup Basketball	Page 12
Personal Training In A Class Setting	Page 10
Personal Training	Page 9
Pilates	Page 12
Racquetball	Page 13
Spring Jump Start Boot Camp	Page 12
Strength, Stretch & Flex	Page 12
Strength, Stretch & Powerblast Plus	Page 12
Summer Time Boot Camp	Page 12
Tae Kwon Do/Hapkido	Page 11
T'ai Chi	Page 11
Team Carlyle Cross Training Plus	Page 12
Total Body Muscle Mix	Page 12

Weight Training for Youth	Page 11
Zumba	Page 13

PRE-SCHOOL

All About Mammals Science Camp	Page 4
CAC Play Time	Page 4
Early Learner's Day Out!	Page 6
Jo-Ann's Dance Workshops	Page 7
Kindermusik Adventures	Page 5
Creatures in the Ocean	
Busy Days!	
On The Road	
Kreative Kids	Page 4
Lil' Chefs	Page 4
Little MusicmakerR	Page 4
Once Upon a Dance Camp	Page 5
Pee Wee Basketball	Page 6
Pre-K Summer Camp	Page 4
Pre-School Gymnastics	Page 6
Spanish Language	Page 4
Sporties for Shorties	Page 7
Tiger Tots	Page 5
Tumbling for Tots	Page 7
Wonders of Science Camp	Page 4

RECREATION

Fundamentals of Flatwater Kayaking	Page 19
Girl Scout Kayak Training	Page 19
Grapevine Golf	Page 19
Grapevine Tennis	Page 20
All Tournament Players	
Tennis Classes	
Tournament Listings	
Tournament Tough	
Want to be a champ?	
Kayaking for Seniors	Page 19

RENTAL FACILITIES

Pages 37-38

SENIOR ADULTS

Activity Schedule	Page 40
Games, Clubs and Activities	Page 41
Senior Activities Center	Page 39

SPECIAL INTEREST

\$5 Meals	Page 18
Adult Dance	Page 15
Adult Sailing Seminar	Page 16
Adventure Team Geocoaching	Page 16
American Red Cross Programs	Page 17
Community CPR	
Adult CPR	
Babysitter's ARC Certification	Page 18
Beginning Dog Obedience	Page 16
Cardio Brazilian Belly	Page 15
Clogging	Page 15
Community First Aid & Safety	Page 17
Dave Ramsey's FPU	Page 18
Defensive Driving	Page 15

Earth Day	Page 18
Funscape	Page 16
Grapevine Citizen's Police Academy	Page 18
Grapevine Family Campout	Page 16
Grapevine Green Team	Page 18
Hound Dog Hustle	Page 17
Keep Grapevine Beautiful	Page 16
Paddle Pedal & Pound the Pavement	Page 16
Puppy Kindergarten	Page 17
RARE Learning Go-Getters	Page 17
Runners and Walkers Club	Page 17
Special Needs Gymnastics	Page 15

SPRING & SUMMER CAMPS

Art Camps	Page 25
ATKids Adventure Day Camps	Page 27
British Soccer Camps	Page 27
Bugs, Poop & Junk	Page 26
CAC Spring Break Camp	Page 25
CAC Summer Camp	Page 26
Drama Camp	Page 26
Fashion Designer	Page 26
Film-making Camp	Page 26
Hoops 24	Page 27
Integrity Basketball Camp	Page 28
Junior Jazzercise Camp	Page 25
Lego Lego	Page 26
Lego Mania	Page 26
Mad Science Camps	Page 25
Sailing Camps	Page 27
Special Needs Gymnastics Camp	Page 25
Summer Camp with Barbie	Page 26
Tennis	Page 28

OFF THE COUCH (KIDS ACTIVITIES)

Advanced Cheer	Page 8
Advanced Intermediate Gymnastics	Page 8
Beginning Cheer	Page 8
Beginning Gymnastics 1	Page 8
Beginning Gymnastics 2	Page 8
Drill Team	Page 8
Intermediate Cheer	Page 8
Mom-N-Me Tea	Page 8
Mother/Son Spring Carnival	Page 8

YOUTH SPORTS

Girls' Spring Youth Volleyball	Page 21
Spring/Summer Youth Basketball	Page 21
Summer Girls' Youth Volleyball	Page 21
Youth Basketball Fall League	Page 21
Youth Sports Associations	Page 22

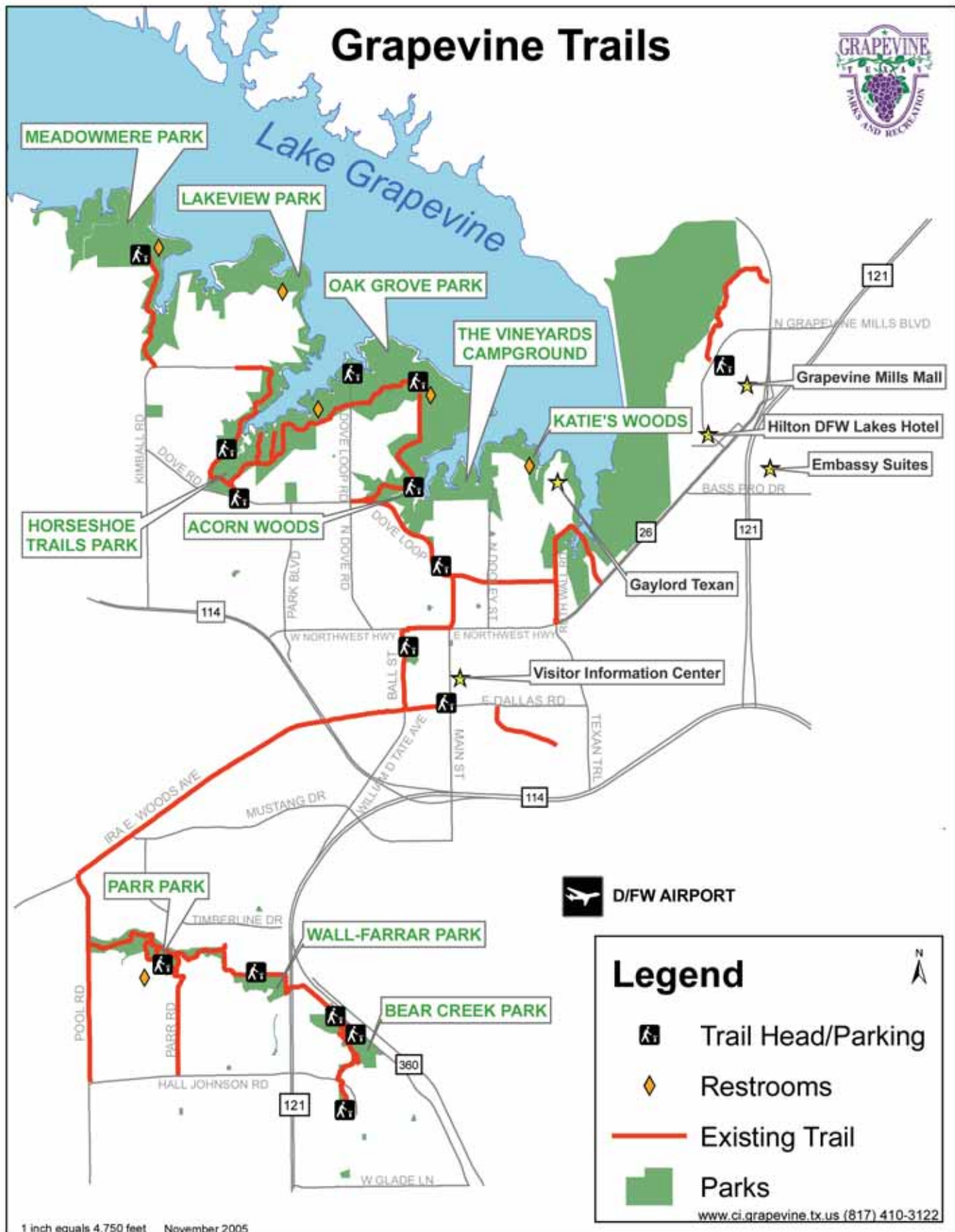
COMMUNITY ACTIVITIES CENTER

General Information	Page 46
---------------------	---------

POLICIES/REGISTRATION

Requirements, Registration Schedules and Registration Forms	Pages 47-49
---	-------------

Grapevine Trails





YOUTH BASKETBALL PROGRAM

year-round skill development &
performance training for boys & girls

Core Programs - Private & Semi-Private Training

Specialty Programs - Shooter's Workshop, Ball Handling Workshop & Open Gym

Group Programs - Shots-Up Workout, Competitive Edge Workout

email: southlakehoops@24hourfit.com



866.670.7753
24hourfitness.com

You DO NOT need to be a member of 24 Hour Fitness to participate. ©2008 24 Hour Fitness USA, Inc.



P.O. Box 95104
Grapevine, Texas 76099

PRESORTED STD
US POSTAGE
PAID
GRAPEVINE, TX
76099
PERMIT NO. 140

ECRWSS

POSTAL PATRON